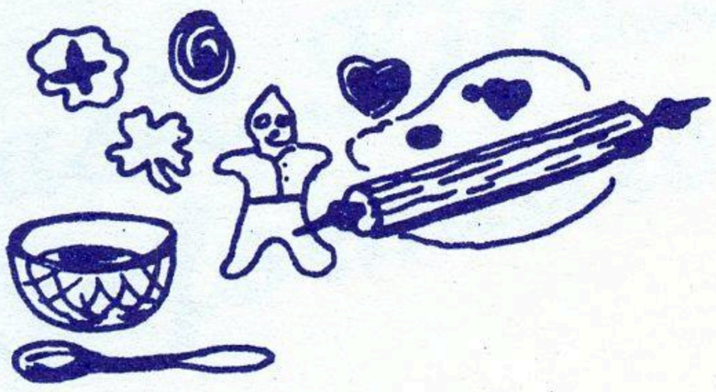
Cook Book

Favorite Recipes From
Our Best Cooks

1974 - Grace Favero.



A BOOK OF

FAVORITE

Recipes

Compiled by

CHELSEA SCHOOL CLUB

CHELSEA, VERMONT

Project - International Exchange Student Fund

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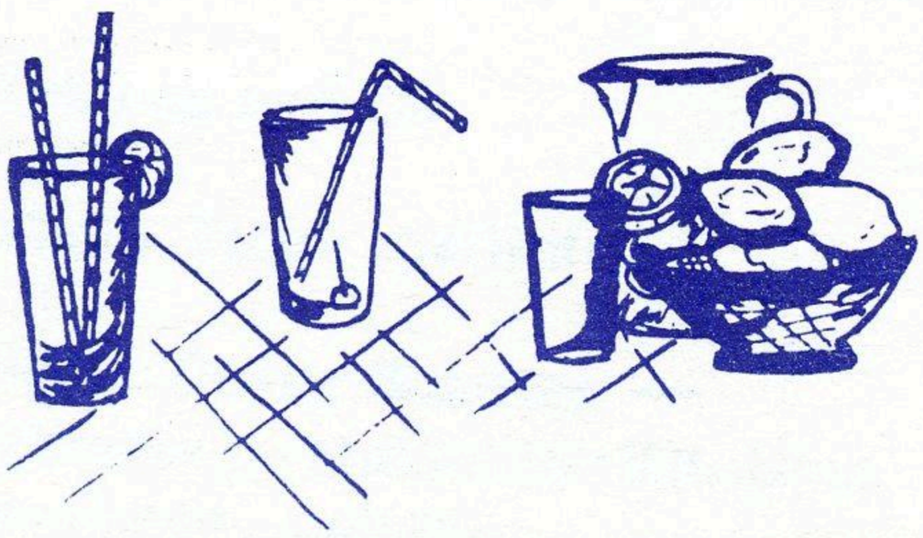

Basic Kitchen Information

Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

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THUMB INDEX

EQUIVALENTS, WEIGHTS AND MEASURES, SUBSTITUTE INGREDIENTS.

EVERYDAY HERB GUIDE

WHAT SHALL WE HAVE FOR DINNER?

TIME TABLE FOR MEAT COOKERY

SEA FOOD COOKERY, HOW TO CARVE

YIELDS OF VEGETABLES AND FRUIT – CANNED AND FROZEN FROM FRESH, LEFT–OVERS

QUANTITIES FOR 100 PEOPLE, SANDWICHES – QUANTITY AND FAMILY SIZE RECEIPES

6 STEPS TO THE PERFECT PIE

DIET INFORMATION SUGGESTED DIET MENUS

PROTEIN AND CALORIE CHART, IDEAL WEIGHT TABLES

SPOT CLEANING GUIDE

MAXIMUM STORAGE TIME FOR FROZEN MEATS

FREEZING PREPARED FOODS

MISCELLANEOUS INFORMATION

EQUIVALENTS

3 tsps.	1 tbsp.
4 tbsps.	¼ cup
5⅓ tbsps.	⅓ cup
8 tbsps.	½ cup
10⅔ tbsps.	⅔ cup
12 tbsps.	¾ cup
16 tbsps.	1 cup
½ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder
1 cup = 5½ ozs.

Cheese, American
1 lb. = 2⅔ cups cubed

Cocoa
1 lb. = 4 cups ground

Coffee
1 lb. = 5 cups ground

Corn meal
1 lb. = 3 cups

Cornstarch
1 lb. = 3 cups

Cracker crumbs
23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs
1 egg = 4 tbsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour
1 lb. all-purpose = 4 cups
1 lb. cake = 4½ cups
1 lb. graham = 3½ cups

Lemons, juice
1 medium = 2 to 3 tbsps.
5 to 8 medium = 1 cup

Lemons, rind
1 lemon = 1 tbsp. grated

Oranges, juice
1 medium = 2 to 3 tbsps.
3 to 4 medium = 1 cup

Oranges, rind
1 = 2 tbsps. grated

Gelatin
3¼ oz. pkg. flavored = ½ cup
¼ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter
1 lb. = 2 cups

Sugar
1 lb. brown = 2½ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = 3½ cups

One ingredient for another

For these	You may use these
1 whole egg, for thickening or baking	2 egg yolks. Or 2 tablespoons dried whole egg plus 2½ tablespoons water.
1 cup butter or margarine for shortening	⅞ cup lard, or rendered fat, with ½ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with ½ teaspoon salt.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 teaspoon double-acting baking powder	1½ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or 1¾ teaspoons cream of tartar.
1 cup whole milk	½ cup evaporated milk plus ½ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.
1 cup skim milk	4 tablespoons nonfat dry milk plus 1 cup water.
1 tablespoon flour, for thickening	½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
1 cup cake flour, for baking	⅞ cup all-purpose flour.
1 cup all-purpose flour, for baking breads	Up to ½ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE

FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.

FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.

FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

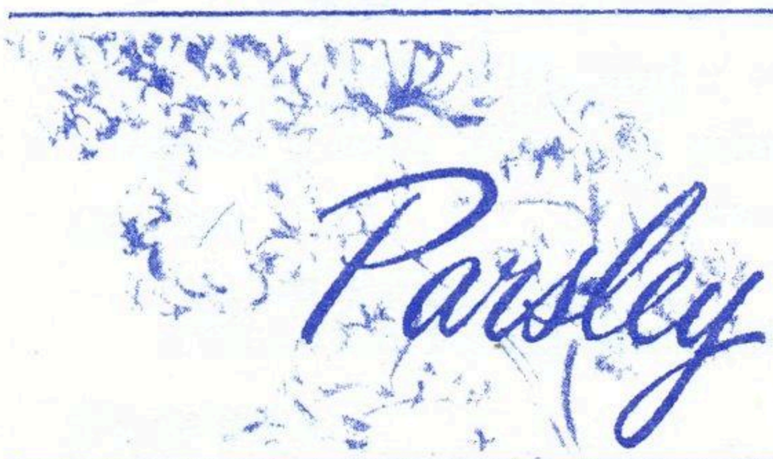
AVAILABLE whole; ground.

FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.



FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.

FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.

FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE

Basil

FOUND IN India, Western Europe, United States.

IT IS member of mint family with leaves 1½" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.

AVAILABLE whole: ground.

Bay Leaf

FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.

AVAILABLE as whole leaf.

Chervil

FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.

AVAILABLE whole; ground.

Oregano

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.

AVAILABLE whole; ground.

Mint

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.

AVAILABLE whole (dried); flaked; as fresh sprigs.

Rosemary

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.

AVAILABLE whole; ground.

Marjoram

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.

AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT—UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.

Geese—Same as turkey of similar weight.
Duck—Same as heavy chicken of similar weight.

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

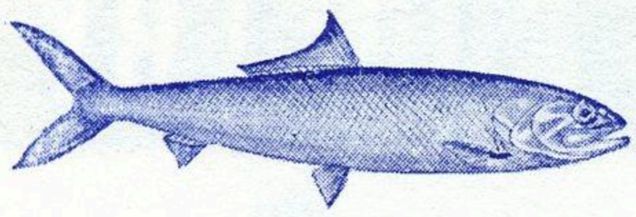
CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

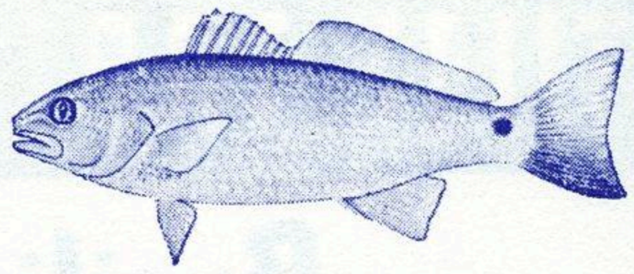
CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	3/4 lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



Sea Food COOKERY

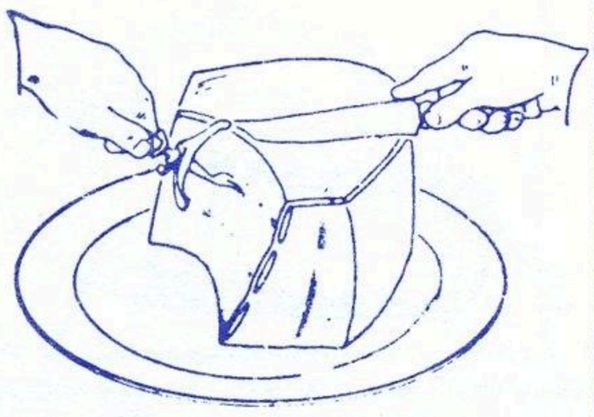


	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL – OCT.
BUTTERFISH	2	3		1	APRIL – DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. – NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPER		1			NOV. – APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. – JUNE
LAKE TROUT	3	1		2	APRIL – NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE – OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. – MAY
SHAD	2	1		3	DEC. – JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. – MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV.– APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL – JAN.
SUNFISH	2			1	APRIL – OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL – NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL – NOV.
WHITING			1		MAY – DEC.
WHITEFISH	2	1		3	APRIL – DEC.

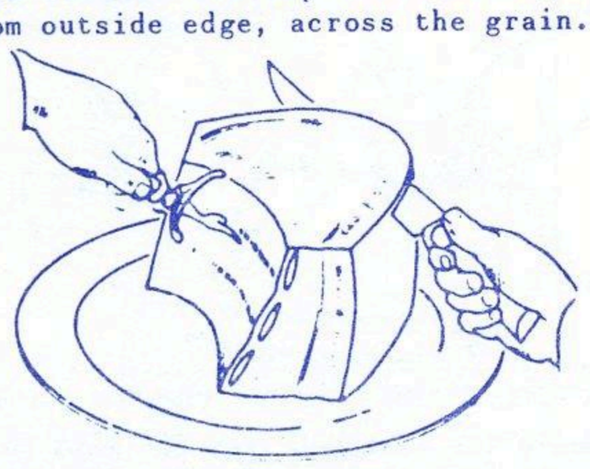
HOW TO COOK – 1 EXCELLENT 2 GOOD 3 FAIR

HOW TO CARVE

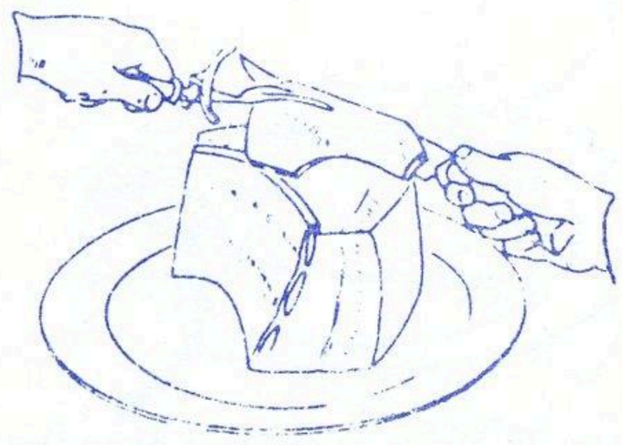
STANDING RIB ROAST



Have the butcher separate the backbone from the ribs when you buy the roast. The backbone can be removed in the kitchen after roasting. Insert the fork between two top ribs and slice from outside edge, across the grain.

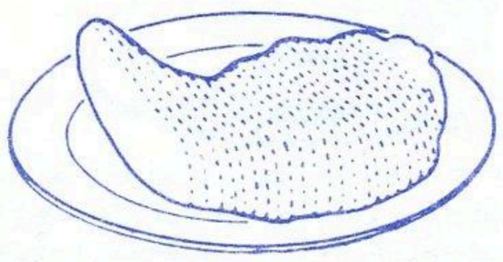


Make slices an eighth to three-eighths inch thick, cutting along rib with tip of knife to release each slice.



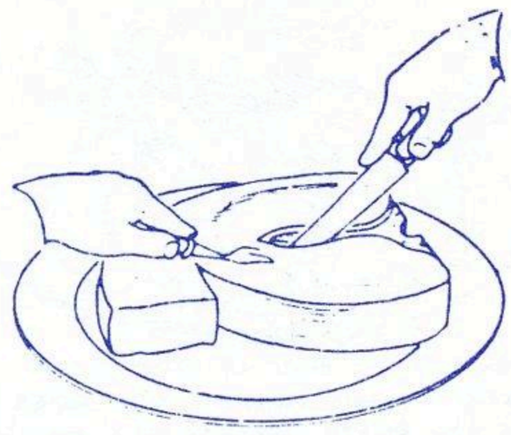
After each cut, lift the slice with the blade of the knife to the edge of the platter or to another plate.

BEEF TONGUE

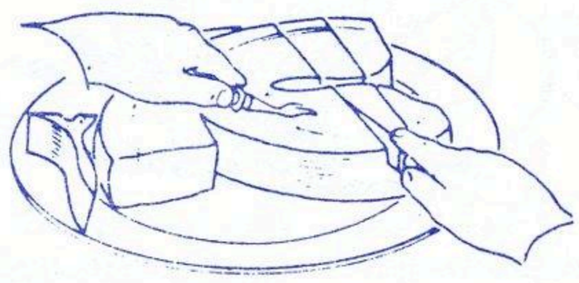


Make thin even slices after removing excess tissue and cartilage from the large end of tongue.

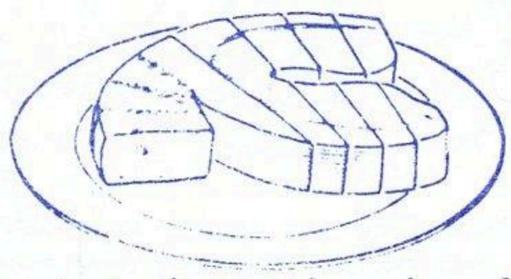
PORTERHOUSE STEAK



Remove bone and place at side of platter.

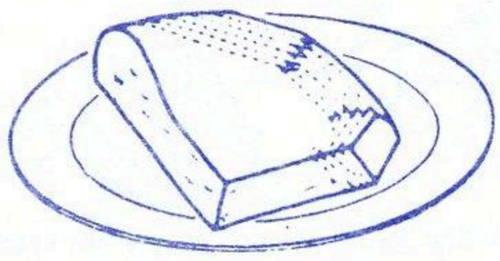


Always cut a steak with the grain.



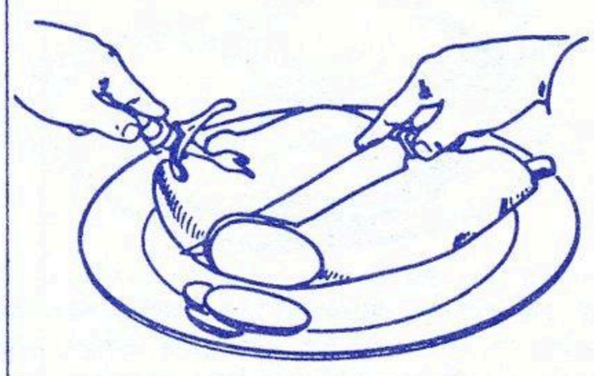
To protect the cutting edge of the knife, a board cut to fit the platter is an excellent aid in serving steak.

BEEF BRISKET

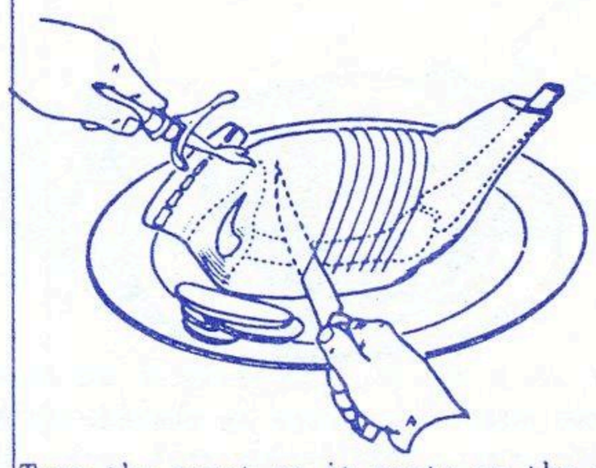


Have round side away from you, when
Place round edge on platter as shown. Trim off excess fat and slice in rotation from each of the three sides.

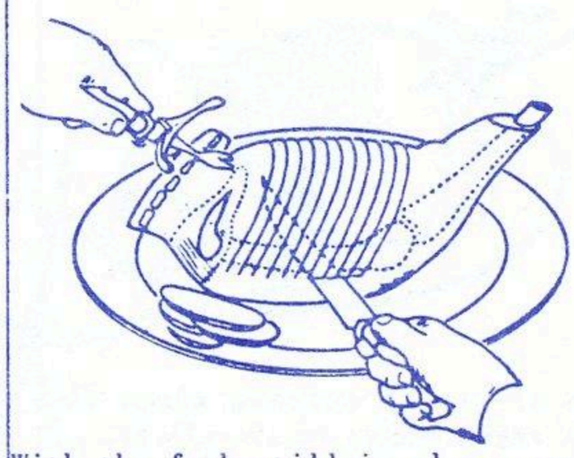
ROAST LEG OF LAMB



Place the shank end at the carver's right. Remove slices lengthwise.

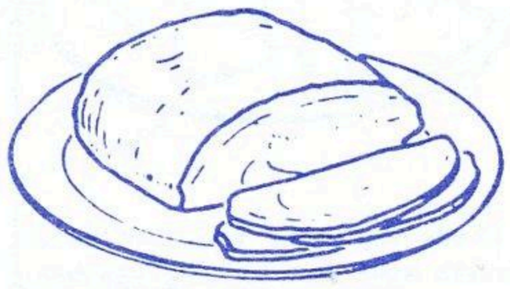


Turn the roast so it rests on the surface just cut. The shank bone now points up from the platter. Insert fork in the left of the roast, and cut slices to the bone.



With the fork still in place, run the knife along the bone, releasing all the slices.

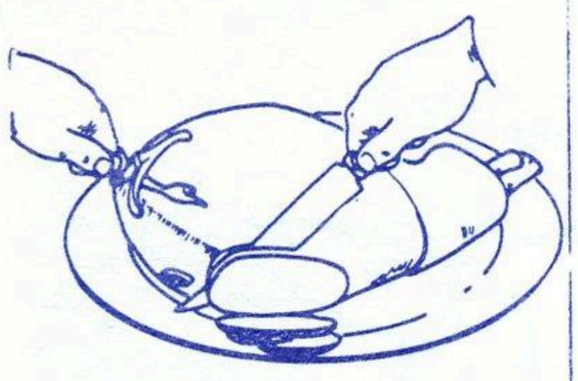
CUSHION LAMB SHOULDER



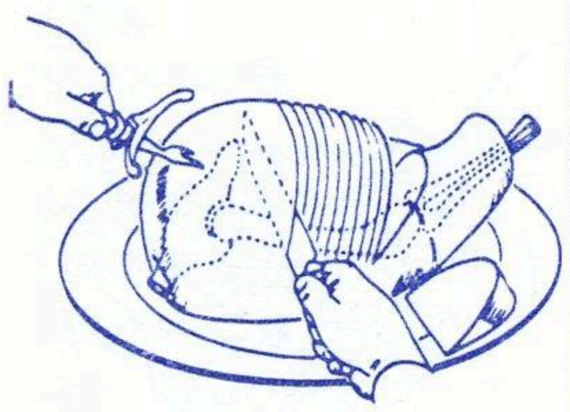
Slice thin as shown.

HOW TO-CARVE

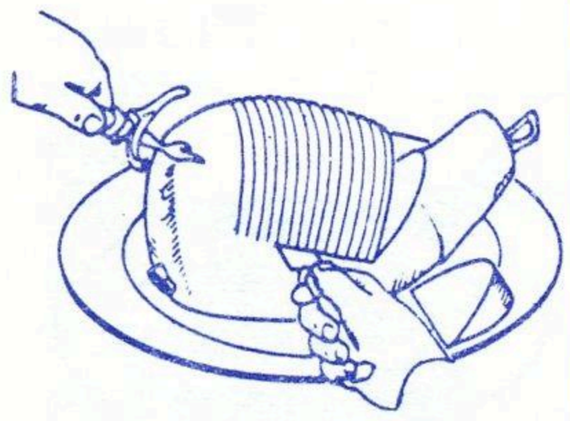
BAKED WHOLE HAM



The ham is placed on platter with the shank end to the carver's right. Insert fork as shown and remove several slices from the thin side.

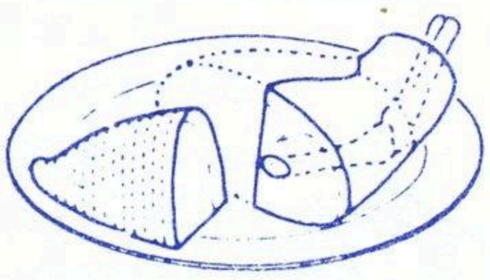


Turn the ham so it rests on the surface just cut. Hold firmly with fork and cut thin slices down to the bone.



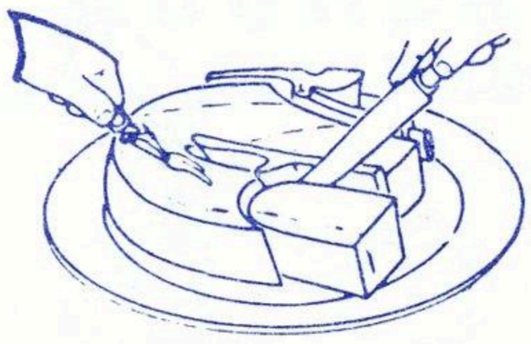
Remove slices by cutting along the bone at right angles to the slices.

HALF HAM

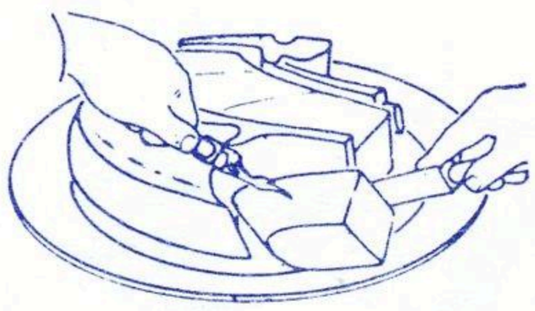


Cut into three sections and turn each section on its side for cutting against the grain. Remove the bone from the end section before slicing.

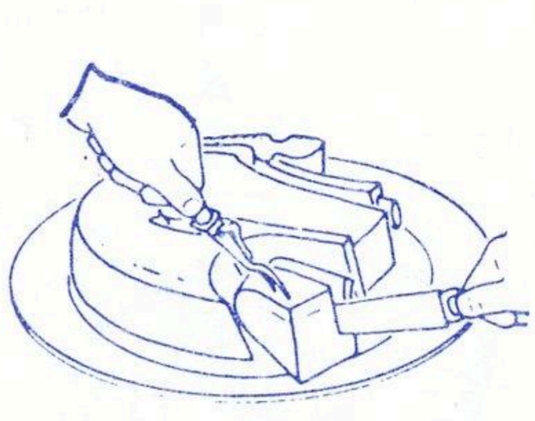
BLADE POT ROAST



Separate a section of the meat by running the knife between two muscles, then close to the bone.

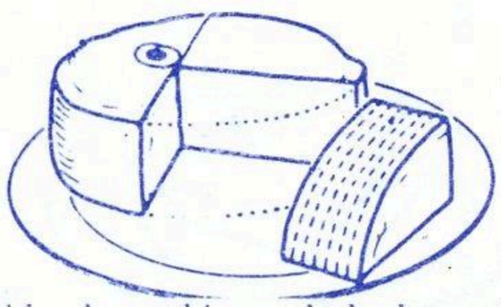


Turn the section so the grain is parallel with the platter. Cut across grain.



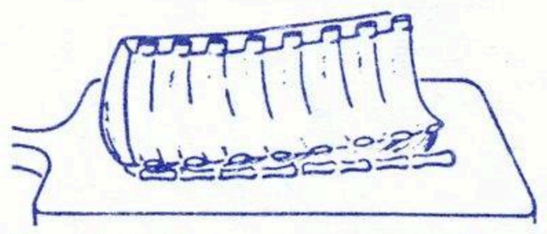
Cut slices from one-fourth to three-eights inch thick. Separate remaining sections and carve across the grain.

HAM SLICE

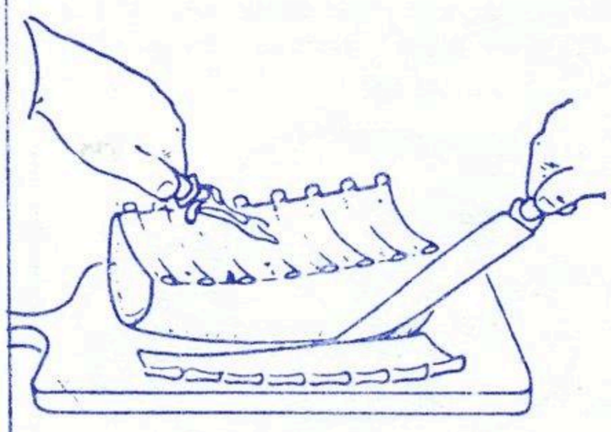


Divide the cushion and shank sections. Slice cushion section across the grain beginning at the large end.

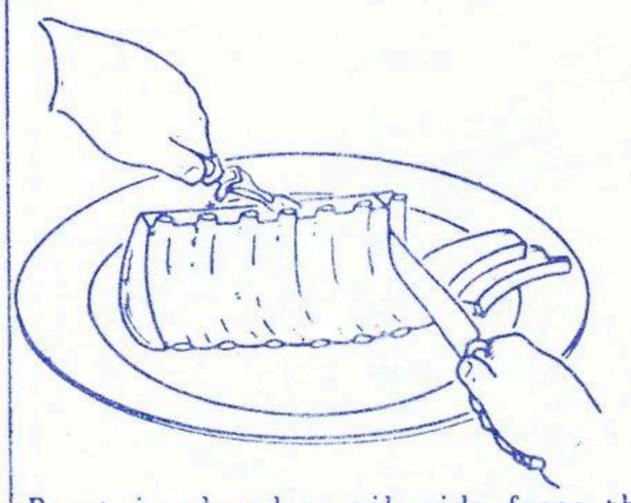
PORK LOIN ROAST



Have butcher saw across the ribs to loosen backbone from tee ribs. Backbone becomes loosened during cooking.

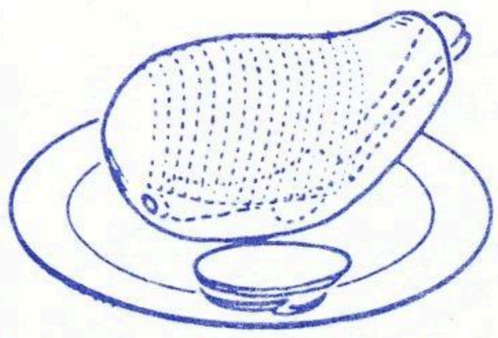


Remove the backbone from the ribs by cutting between it and the rib ends.



Roast is placed so rib side faces the carver. Cut close against both sides of each rib. You alternately make one slice with a bone, and one without.

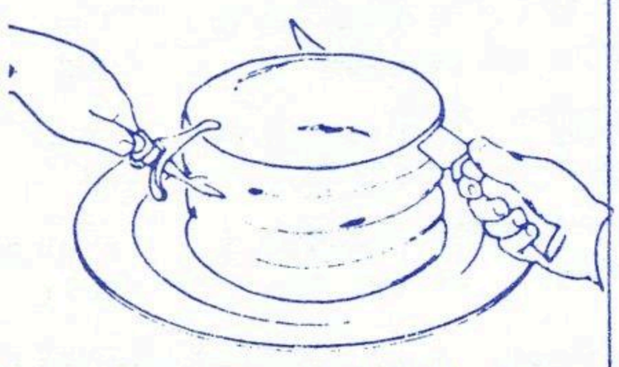
PICNIC SHOULDER



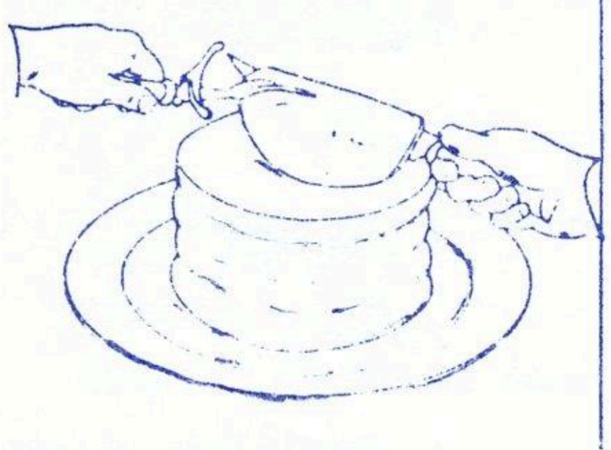
Slice from the small side until the shoulder can rest on this surface. Then make parallel slices releasing the bone.

HOW TO CARVE

ROLLED RIB ROAST

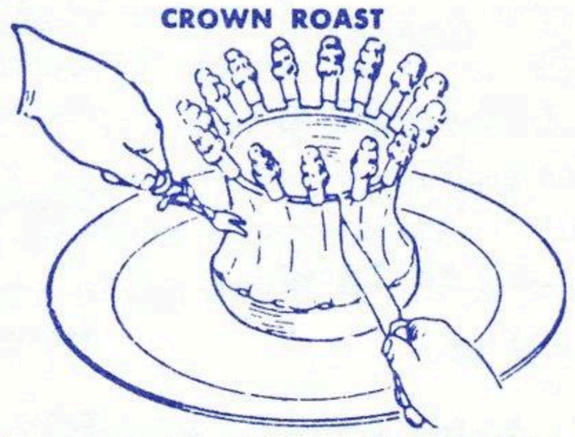


The roast is placed with the larger cut surface down. Push fork firmly into left side of roast, an inch or two from the top. Slice across the grain.

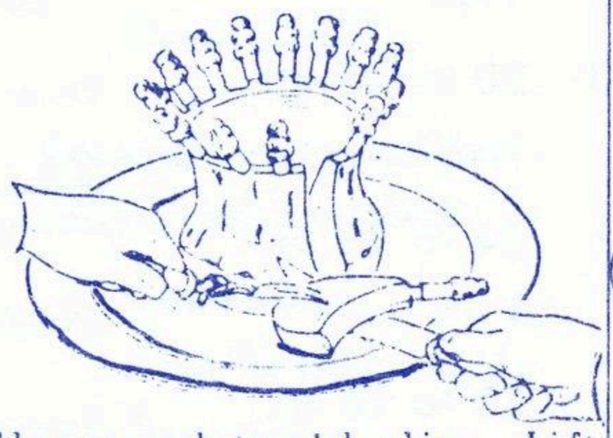


Remove each cord as you come to it. Cut it with the tip of blade, loosen it with fork and allow it to drop to the platter.

CROWN ROAST

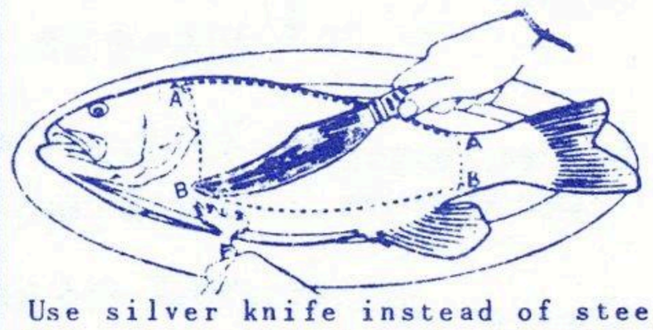


Remove any garnish to side of platter, Slice down between the ribs.

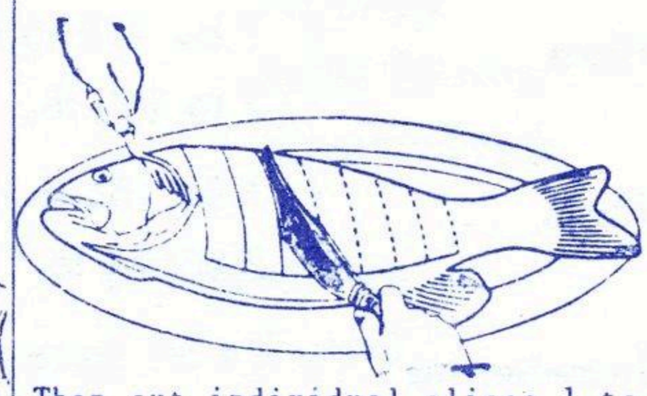


Allow one rib to each slice. Lift the slice on the knife blade, using the fork to steady it.

LARGE FISH

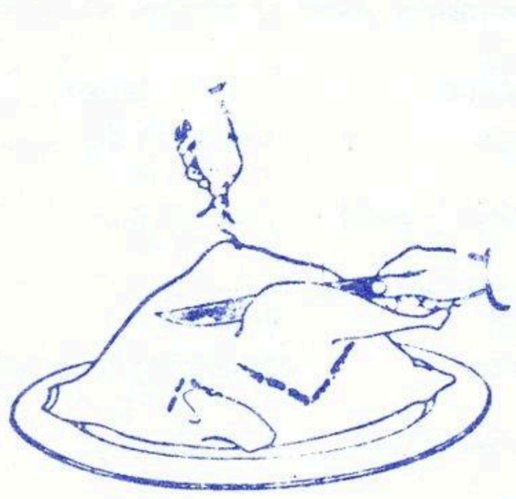


Use silver knife instead of steel. Cut out section A to A, B to B, and then A to B.

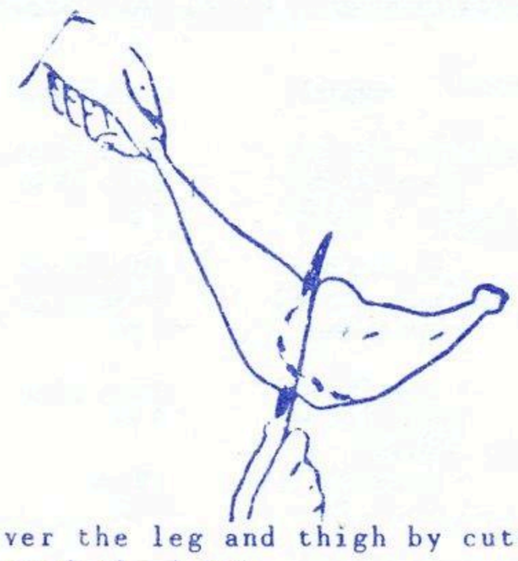


Then cut individual slices 1 to 1½ inches thick.

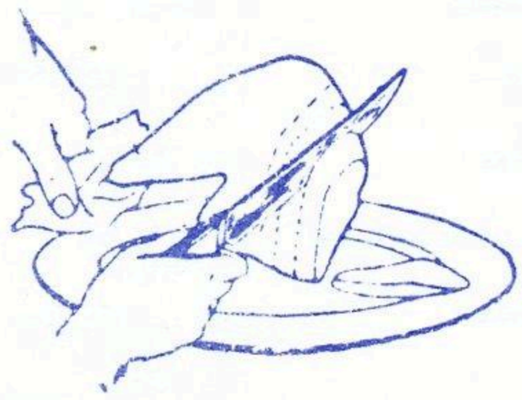
ROAST CHICKEN AND TURKEY



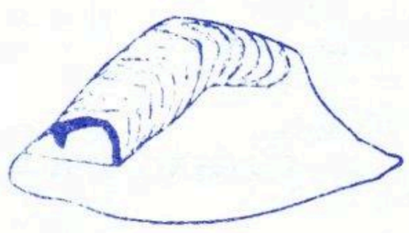
1. With turkey's legs to your right, remove the leg and thigh and place them upon a separate platter.



2. Sever the leg and thigh by cutting through the joint.



3. Remove the wing and cut into two pieces. Carve the leg and thigh in lengthwise slices.



4. Carve the breast in thin slices, cutting at an angle. Slice across the grain.

TO FIGURE YIELD

CANNED FRUIT FROM FRESH

CANNED VEGETABLES FROM FRESH

LEGAL WEIGHT OF A BUSHEL VARIES IN DIFFERENT STATES. THESE ARE AVERAGE WGTS.

Food	Fresh	Canned
Apples	1 bu. (48 lb.)	16 to 20 qt.
	2½ to 3 lb.	1 qt.
Berries, except strawberries	24-qt. crate	12 to 18 qt.
	5 to 8 cups	1 qt.
Cherries, as picked	1 bu. (56 lb.)	22 to 32 qt.
	6 to 8 cups	1 qt.
Peaches	1 bu. (48 lb.)	18 to 24 qt.
	2 to 2½ lb.	1 qt.
Pears	1 bu. (50 lb.)	20 to 25 qt.
	2 to 2½ lb.	1 qt.
Plums	1 bu. (56 lb.)	24 to 30 qt.
	2 to 2½ lb.	1 qt.
Strawberries	24-qt. crate	12 to 16 qt.
	6 to 8 cups	1 qt.
Tomatoes	1 bu. (53 lb.)	15 to 20 qt.
	2½ to 3 lb.	1 qt.

Vegetable	*Fresh*	*Canned*
Asparagus	1 bu. (45 lb.)	11 qt.
	4 lb.	1 qt.
Beans, lima in pods	1 bu. (32 lb.)	6–8 qt.
	4–5 lb.	1 qt.
Beans, snap	1 bu. (30 lb.)	15–20 qt.
	1½ 2 lb.	1 qt.
Beets, without tops	1 bu. (52 lb.)	17–20 qt.
	2½ 3 lb.	1 qt.
Carrots, without tops	1 bu. (50 lb.)	16–20 qt.
	2½ 3 lb.	1 qt.
Corn, sweet, in husks	1 bu. (35 lb.)	8–9 qt.
	6–16 ears	1 qt.
Okra	1 bu. (26 lb.)	17 qt.
	1½ lb.	1 qt.
Peas, green, in pods	1 bu. (30 lb.)	12–15 pt.
	2–2½ lb.	1 pt.
Pumpkin	50 lb.	15 qt.
	3 lb.	1 qt.
Spinach	1 bu. (18 lb.)	6–9 qt.
	2–3 lb.	1 qt.
Squash, summer	1 bu. (40 lb.)	16–20 qt.
	2–2½ lb.	1 qt.
Sweetpotatoes	1 bu. (55 lb.)	18–22 qt.
	2½–3 lb.	1 qt.

Approximate yield of frozen fruits from fresh

FRUIT	FRESH	FROZEN
Apples	1 bu. (48 lb.)	32 to 40 pt.
	1 box (44 lb.)	29 to 35 pt.
	1¼ to 1½ lb.	1 pt.
Apricots	1 bu. (48 lb.)	60 to 72 pt.
	1 crate (22 lb.)	28 to 33 pt.
	⅔ to ⅘ lb.	1 pt.
Berries [1]	1 crate (24 qt.)	32 to 36 pt.
	1⅓ to 1½ pt.	1 pt.
Cantaloups	1 dozen (28 lb.)	22 pt.
	1 to 1¼ lb.	1 pt.
Cherries, sweet or sour	1 bu. (56 lb.)	36 to 44 pt.
	1¼ to 1½ lb.	1 pt.
Cranberries	1 box (25 lb.)	50 pt.
	1 peck (8 lb.)	16 pt.
	½ lb.	1 pt.
Currants	2 qt. (3 lb.)	4 pt.
	¾ lb.	1 pt.
Peaches	1 bu. (48 lb.)	32 to 48 pt.
	1 lug box (20 lb.)	13 to 20 pt.
	1 to 1½ lb.	1 pt.
Pears	1 bu. (50 lb.)	40 to 50 pt.
	1 western box (46 lb.)	37 to 46 pt.
	1 to 1¼ lb.	1 pt.
Pineapple	5 lb.	4 pt.
Plums and prunes	1 bu. (56 lb.)	38 to 56 pt.
	1 crate (20 lb.)	13 to 20 pt.
	1 to 1½ lb.	1 pt.
Raspberries	1 crate (24 pt.)	24 pt.
	1 pt.	1 pt.
Rhubarb	15 lb.	15 to 22 pt.
	⅔ to 1 lb.	1 pt.
Strawberries	1 crate (24 qt.)	38 pt.
	⅔ qt.	1 pt.

[1] Includes blackberries, blueberries, boysenberries, dewberries, elderberries, gooseberries, huckleberries, loganberries, and youngberries.

Approximate yield of frozen vegetables from fresh

VEGETABLE	FRESH	FROZEN
Asparagus	1 crate (12 2-lb. bunches)	15 to 22 pt.
	1 to 1½ lb.	1 pt.
Beans, lima (in pods)	1 bu. (32 lb.)	12 to 16 pt.
	2 to 2½ lb.	1 pt.
Beans, snap, green, and wax	1 bu. (30 lb.)	30 to 45 pt.
	⅔ to 1 lb.	1 pt.
Beet greens	15 lb.	10 to 15 pt.
	1 to 1½ lb.	1 pt.
Beets (without tops)	1 bu. (52 lb.)	35 to 42 pt.
	1¼ to 1½ lb.	1 pt.
Broccoli	1 crate (25 lb.)	24 pt.
	1 lb.	1 pt.
Brussels sprouts	4 quart boxes	6 pt.
	1 lb.	1 pt.
Carrots (without tops)	1 bu. (50 lb.)	32 to 40 pt.
	1¼ to 1½ lb.	1 pt.
Cauliflower	2 medium heads	3 pt.
	1⅓ lb.	1 pt.
Chard	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Collards	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Corn, sweet (in husks)	1 bu. (35 lb.)	14 to 17 pt.
	2 to 2½ lb.	1 pt.
Eggplant	1 lb.	1 pt.
Kale	1 bu. (18 lb.)	12 to 18 pt.
	1 to 1½ lb.	1 pt.
Mustard greens	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Peas	1 bu. (30 lb.)	12 to 15 pt.
	2 to 2½ lb.	1 pt.
Peppers, green	⅔ lb. (3 peppers)	1 pt.
Pumpkin	3 lb.	2 pt.
Spinach	1 bu. (18 lb.)	12 to 18 pt.
	1 to 1½ lb.	1 pt.
Squash, summer	1 bu. (40 lb.)	32 to 40 pt.
	1 to 1¼ lb.	1 pt.
Squash, winter	3 lb.	2 pt.
Sweetpotatoes	⅔ lb.	1 pt.

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, *in*

- Meat and vegetable pie
- Soup
- Stew
- Stuffed peppers
- Stuffed tomatoes
- Vegetables in cheese sauce

Cooked leafy vegetables, chopped, *in*

- Creamed vegetables
- Soup
- Meat loaf
- Meat patties
- Omelet
- Souffle

Cooked or canned fruits, *in*

- Fruit cup
- Fruit sauces
- Jellied fruit
- Quick breads
- Shortcake
- Upside-down cake
- Yeast breads

Cooked meats, poultry, fish, *in*

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

Cooked wheat, oat, or corn cereals, *in*

- Fried cereal
- Meat loaf or patties
- Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, *in*

- Casseroles
- Meat or cheese loaf
- Timbales

Bread

- Slices, *for*
  - French toast
- Dry crumbs, *in*
  - Brown betty
  - Croquettes
  - Fried chops
- Soft crumbs, *in*
  - Meat loaf
  - Stuffings

Cake or cookies, *in*

- Brown betty
- Ice-box cake
- Toasted, with sweet topping, for dessert

Egg yolks, *in*

- Cakes
- Cornstarch pudding
- Custard or sauce
- Pie filling
- Salad dressing
- Scrambled eggs

Egg whites, *in*

- Custard
- Fruit whip
- Meringue
- Souffles

Hard-cooked egg or yolk, *in*

- Casserole dishes
- Garnish
- Salads
- Sandwiches

Sour cream, *in*

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

Sour milk, *in*

- Cakes, cookies
- Quick breads

Cooked potatoes, *in*

- Croquettes
- Fried or creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder

Quantities to Serve 100 People

COFFEE	— 3 LBS.
LOAF SUGAR	— 3 LBS.
CREAM	— 3 QUARTS
WHIPPING CREAM	— 4 PTS.
MILK	— 6 GALLONS
FRUIT COCKTAIL	— 2 1/2 GALLONS
FRUIT JUICE	— 4 NO. 10 CANS (26LBS.)
TOMATO JUICE	— 4 NO. 10 CANS (26LBS.)
SOUP	— 5 GALLONS
OYSTERS	— 18 QUARTS
WEINERS	— 25 LBS.
MEAT LOAF	— 24 LBS.
HAM	— 40 LBS.
BEEF	— 40 LBS.
ROAST PORK	— 40 LBS.
HAMBURGER	— 30—36 LBS.
CHICKEN FOR CHICKEN PIE	— 40 LBS.
POTATOES	— 35 LBS.
SCALLOPED POTATOES	— 5 GALLON
VEGETABLES	— 4 NO.10 CANS (26LBS.)
VEGETABLES	— 4 NO.10 CANS (26LBS.)
BAKED BEANS	— 5 GALLON
BEETS	— 30 LBS.
CAULIFLOWER	— 18 LBS.
CABBAGE FOR SLAW	— 20 LBS.
CARROTS	— 33 LBS.
BREAD	— 10 LOAVES
ROLLS	— 200
BUTTER	— 3 LBS.
POTATO SALAD	— 12 QUARTS
FRUIT SALAD	— 20 QUARTS
VEGETABLE SALAD	— 20 QUARTS
LETTUCE	— 20 HEADS
SALAD DRESSING	— 3 QUARTS
PIES	— 18
CAKES	— 8
ICE CREAM	— 4 GALLONS
CHEESE	— 3 LBS.
OLIVES	— 1 3/4 LBS.
PICKLES	— 2 QUARTS
NUTS	— 3 LBS. SORTED

how to make
26
new fillings

fillings make the sandwich

QUANTITY AND FAMILY SIZE RECIPES

for lunch boxes

HAWAIIAN HAM SANDWICH

		6 SERVINGS	24 SERVINGS
Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	½ cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	¼ cup
	Cloves	⅛ teaspoon	½ teaspoon

O'HARA'S SANDWICH

Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	¼ cup	1 cup
	Chopped Kosher pickle	¼ cup	1 cup
	Tomato juice	¼ cup	1 cup

TANGY TONGUE SANDWICH

Mix Well	Sliced tongue	¾ pound	3 pounds
	Cream cheese, softened	3-oz. package	¾ pound
	Horseradish	1 tablespoon	¼ cup

CHEESE PIMIENTO SANDWICH

Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	½ cup
	Salad dressing	2 tablespoons	½ cup

for outdoor eating

EAST COAST SANDWICH

		6 SERVINGS	24 SERVINGS
Mix Well	Frankfurters, thinly sliced	3	12 (1½ lbs.)
	Baked beans	½ cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	½ cup
	Chili sauce	1 tablespoon	¼ cup

ALL AMERICAN FAVORITE

Sliced roast beef	¾ pound	3 pounds
Sliced sweet onion	1 onion	4 onions

STUDDED PEANUT BUTTER SANDWICH

Mix Well	Peanut butter	¾ cup	3 cups
	Diced crisp bacon	¼ cup (8 slices)	1 cup (about 1½ lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

LIVER SAUSAGE SALAD SANDWICH

	6 SERVINGS	24 SERVINGS
Liver sausage	½ pound	2 pounds
Chopped celery	¼ cup	1 cup
Chopped sweet pickle	¼ cup	1 cup
Chopped onion	1 tablespoon	¼ cup
Hard cooked egg, chopped	1	4
Salad dressing	3 tablespoons	¾ cup

Mix Well

TASTY TREAT HAMBURGER

American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1½ pounds)
Ground beef	¾ pound	3 pounds
Chopped onion	¼ cup	1 cup
Chili sauce	2 tablespoons	½ cup
Worcestershire sauce	½ teaspoon	2 teaspoons
Salt and pepper to taste		

Mix Well

SPICY HAM SANDWICH

Sliced boiled ham, simmered 15 minutes with:	¾ pound	3 pounds
Tomato sauce	1 cup (8-oz. can)	1 quart
Cloves	⅛ teaspoon	½ teaspoon

FOR SMALL FRY

BANANA PEANUT BUTTER WINNER

	6 SERVINGS	24 SERVINGS
Peanut butter	¾ cup	3 cups
Banana, sliced	3 medium	12 medium

SUNSHINE SPECIAL

Chopped dates	1 cup	1 quart
Shredded carrots	1 cup	1 quart
Chopped nuts	½ cup	2 cups
Salad dressing	½ cup	2 cups

Mix Well

CALIFORNIA DELIGHT

Peanut butter	¾ cup	3 cups
Orange juice	½ cup	2 cups
Shredded orange rind	1 tablespoon	¼ cup
Shredded coconut	½ cup	2 cups

Mix Well

APPLE CHEESE TOASTY

Apple sauce, topped with:	½ cup	2 cups
American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

CREAM CHEESE CRUNCH

	6 SERVINGS	24 SERVINGS
Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
Diced crisp bacon	¼ cup (8 slices)	1 cup
Sliced stuffed olives	½ cup	2 cups

Mix Well

CANADIAN DOUBLE DECKER

First Layer—		
Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)
Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
Second Layer—		
Fried Canadian bacon	6 slices	24 slices (1½ pounds)

CHAMPION TWO STORY

First Layer—		
Sliced cooked chicken	½ pound	2 pounds
Second Layer—		
Hard cooked eggs, chopped	4	16
Chopped celery	2 tablespoons	½ cup
Chopped olives	2 tablespoons	½ cup
Chopped sweet pickle	1 tablespoon	¼ cup
Salad dressing	2 tablespoons	½ cup
Prepared mustard	2 teaspoons	3 tablespoons

Mix Well

CHICKEN WALDORF SANDWICH

	6 SERVINGS	24 SERVINGS
Cooked, diced chicken	1 cup	1 quart
Chopped celery	½ cup	2 cups
Chopped apple	½ cup	2 cups
Chopped nuts	¼ cup	1 cup
Salad dressing	3 tablespoons	¾ cup

Mix Well

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

OPEN FACE for hearty lunching

Arrange ingredients on buttered bread in order listed. Place under broiler about 10 minutes or until toasted

ROYAL LIVER SAUSAGE SANDWICH	6 SERVINGS	24 SERVINGS
Liver sausage	½ pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (¼ pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL		
Frankfurters, sliced lengthwise	6 (about ¾ pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

SEAFOOD SUPREME		
Crabmeat salad:		
Mix Well: Flaked crabmeat	1 cup	1 quart
Mix Well: Chopped green pepper	¼ cup	1 cup
Mix Well: Salad dressing	3 tablespoons	¾ cup
Mix Well: Lemon juice	1 tablespoon	¼ cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

CHEF'S CHICKEN SANDWICH		
Sliced cooked chicken	½ pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1½ cups	1½ quarts

TUNA SOUFFLE SANDWICH	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can	6 cups (3 13-ounce cans)
Chopped celery	¼ cup	1½ cups
Chopped green pepper	¼ cup	1½ cups
Shredded American cheese	½ cup	3 cups (¾ pound)
Eggs, beaten	3	1½ dozen
Milk	1½ cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	⅛ teaspoon	¾ teaspoon

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2½ in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.

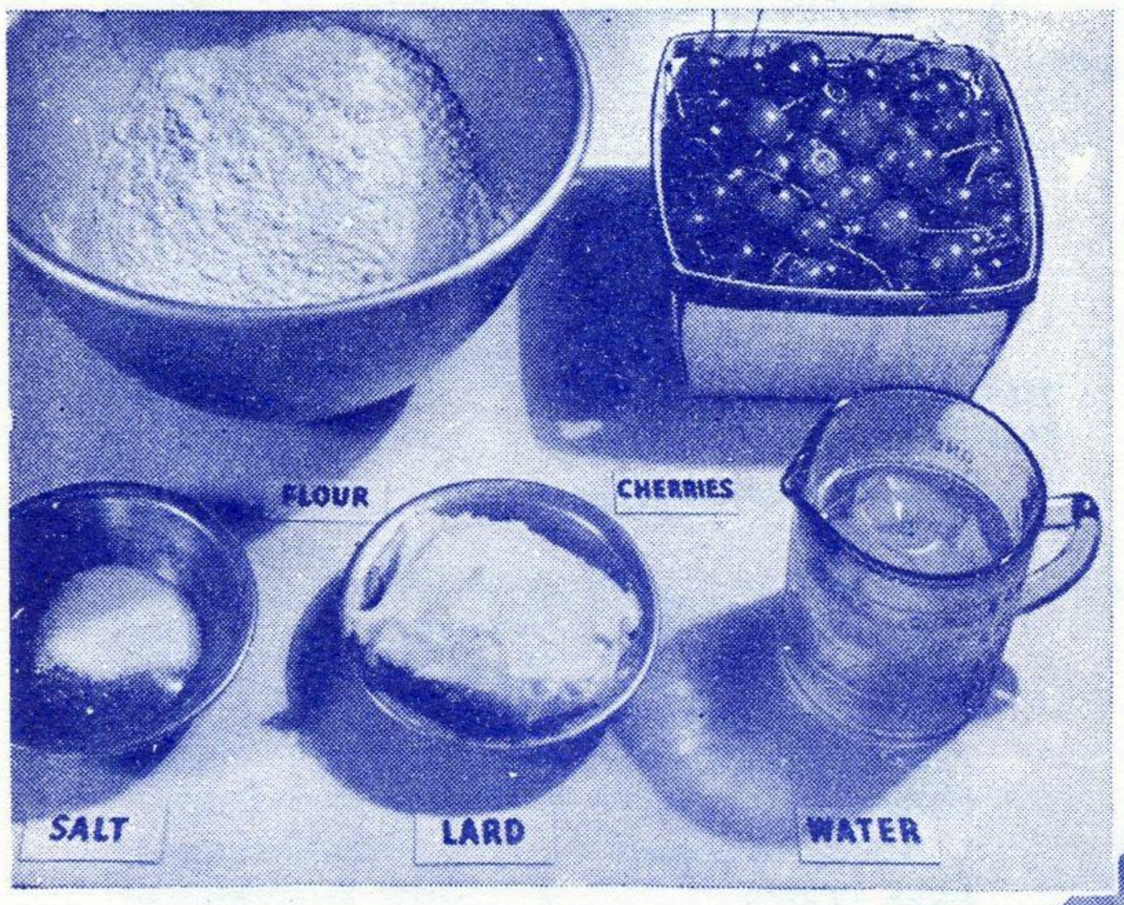
ROCKY MOUNTAIN SANDWICH	6 SERVINGS	24 SERVINGS
Mix Well: Eggs, scrambled	6	2 dozen
Mix Well: Sausage meat, browned	¼ pound	1 pound
Mix Well: Chopped onion	¼ cup	1 cup
Mix Well: Chopped green pepper	¼ cup	1 cup
Mix Well: Salt and pepper to taste		

BAKED SANDWICHES

HEAVENLY HAMBURGER BAKE	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	¼ cup
Ground beef	½ pound	3 pounds
Chopped onion	¼ cup	1½ cups
Chopped celery	2 tablespoons	¾ cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1½ quarts

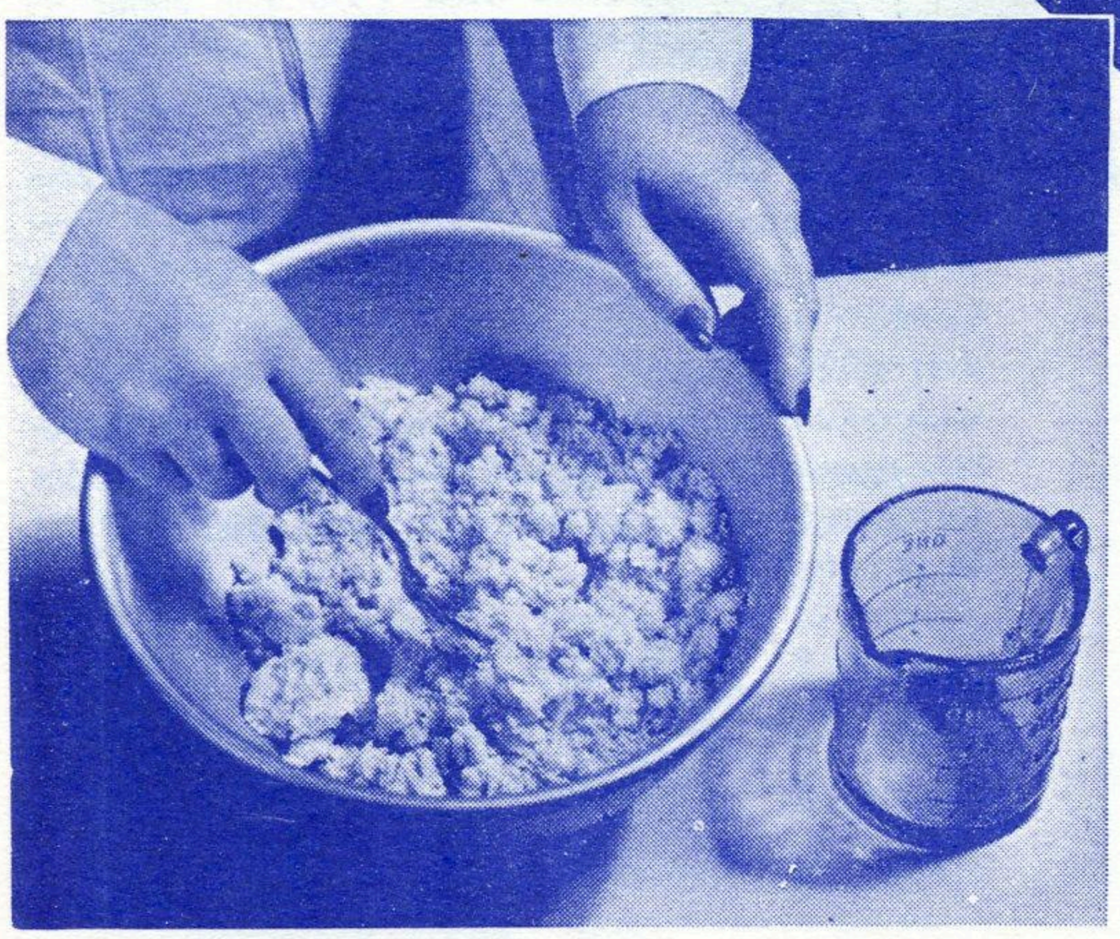
Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2½ in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350° F.) about 45 minutes.

6 Easy Steps TO THE



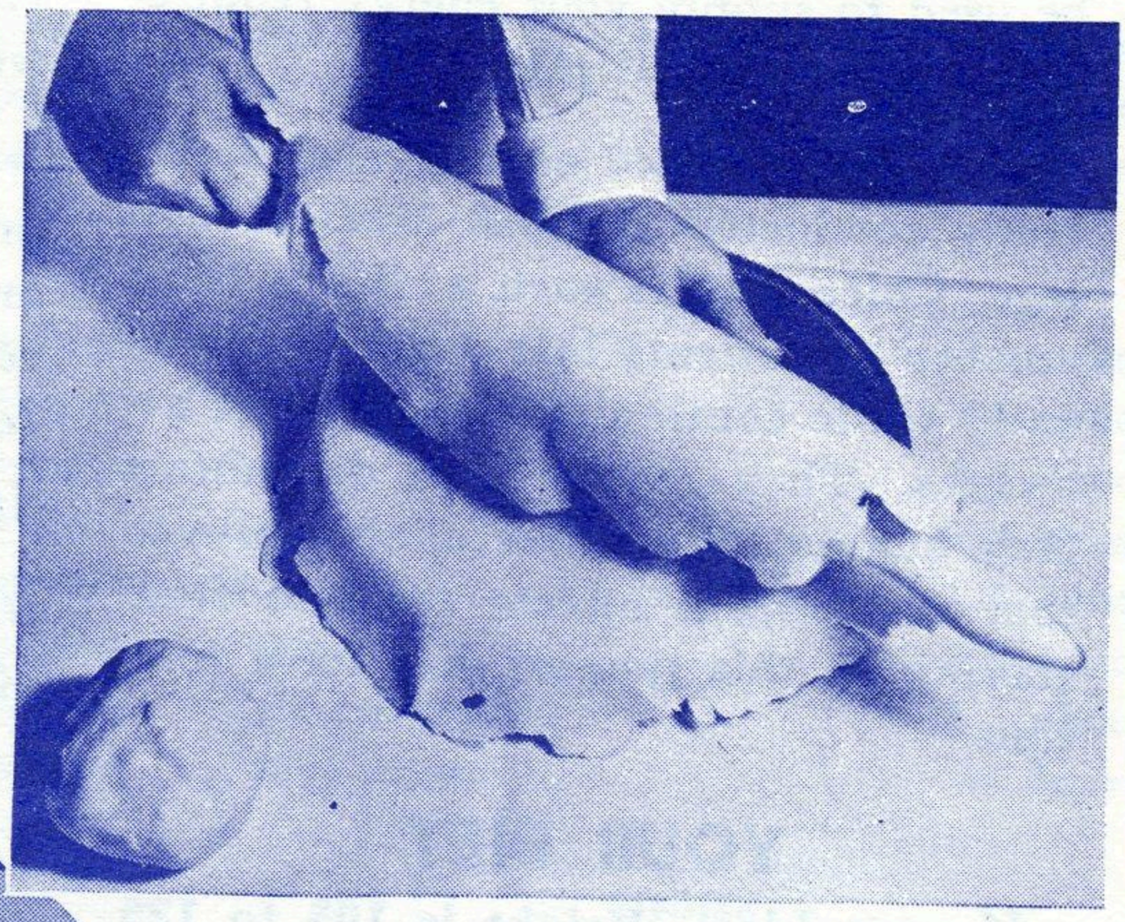
1 The ingredients for the perfect pie crust: 1 teaspoon salt, ⅔ cup lard, 2 cups flour, and cold water.

2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.

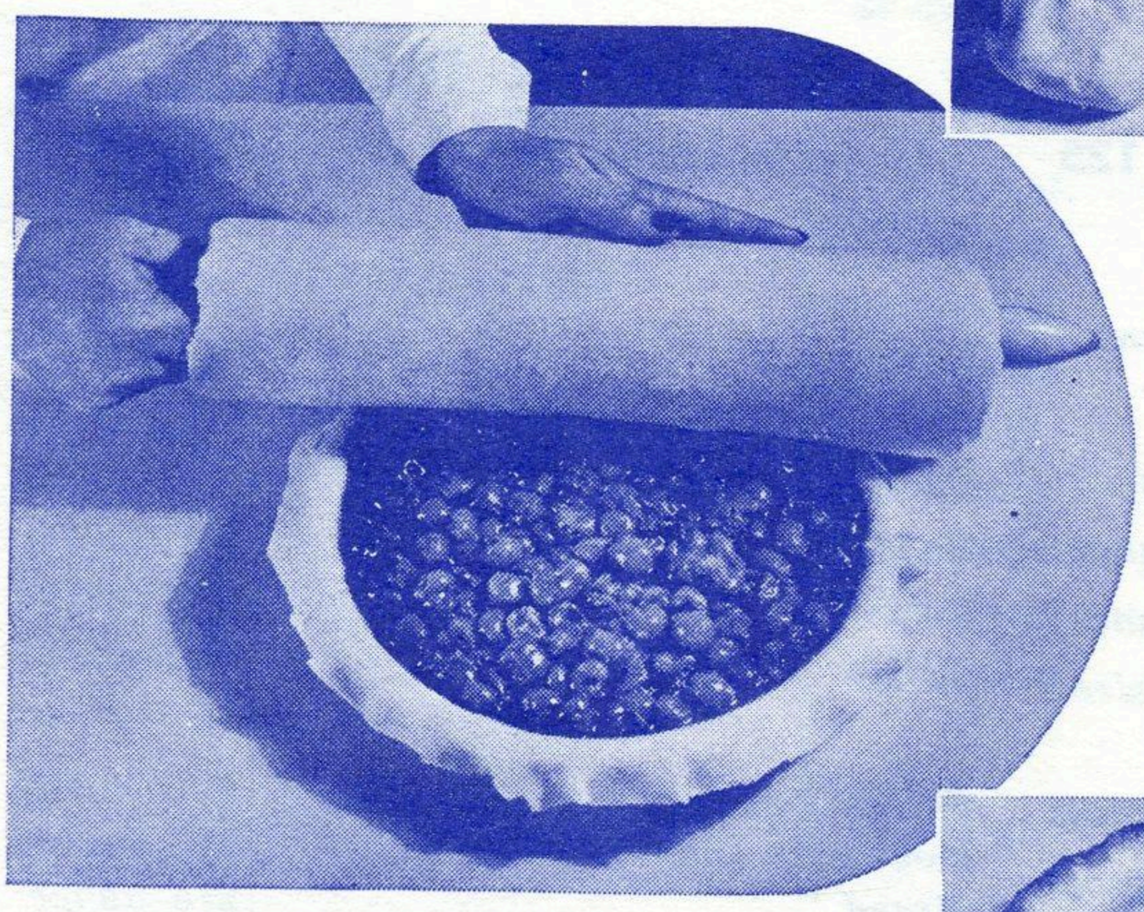


3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

Perfect Pie

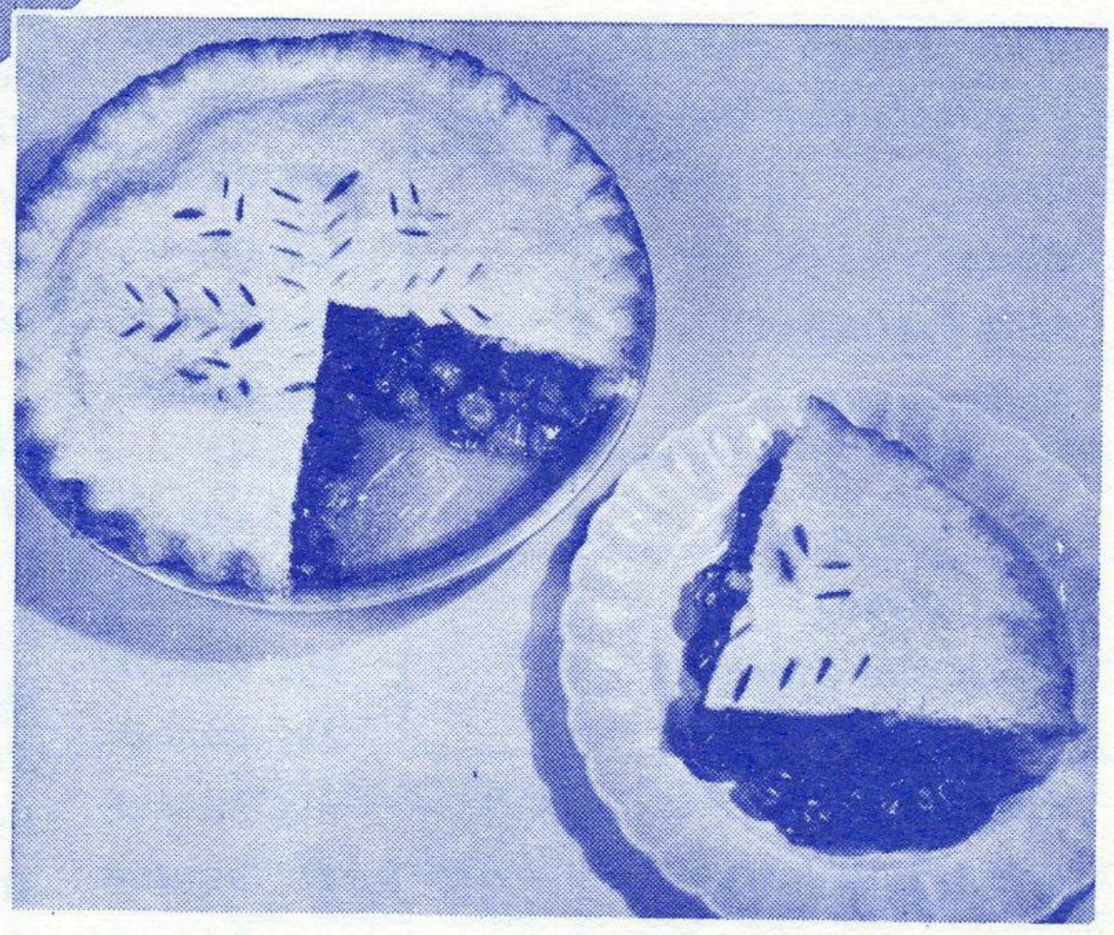


4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.



YOU can Reduce---
with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—
CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is **105** to **125** pounds:

BREAKFAST	
Fruit	3½ *ounces*
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	½ *ounce*
Toast	2/3 *ounce*
Butter	1/6 *ounce*
Coffee	*as desired*
LUNCH	
Meat (lean)	3 *ounces*
Vegetable (cooked or salad)	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*
DINNER	
Clear broth	*Optional*
Meat (lean)	7 *ounces*
Vegetable (cooked)	3½ *ounces*
Salad	3½ *ounces*
Fruit	3½ *ounces*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **125** to **145** pounds:

BREAKFAST	
Fruit	3½ *ounces*
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	1 *ounce*
Toast	2/3 *ounce*
Butter	1/6 *ounce*
Coffee	*as desired*
LUNCH	
Meat (lean)	4 *ounces*
Vegetable (cooked or salad)	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*
DINNER	
Clear broth	*Optional*
Meat (lean)	7 *ounces*
Vegetable (cooked)	3½ *ounces*
Salad	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Fruit	3½ *ounces*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **145** to **165** pounds:

BREAKFAST	
Fruit	*3½ ounces*
Eggs (boiled or poached)	*2*
Bacon (Canadian-style, broiled)	*1 ounce*
Toast	*2/3 ounce*
Butter	*1/6 ounce*
Coffee	*as desired*

LUNCH	
Meat (lean)	*5 ounces*
Vegetable (cooked)	*2 ounces*
Salad	*3 ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

DINNER	
Clear broth	*Optional*
Meat (lean)	*9 ounces*
Vegetable (cooked)	*3½ ounces*
Salad	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **165** to **185** pounds:

BREAKFAST	
Fruit	*3½ ounces*
Eggs (boiled or poached)	*2*
Bacon (Canadian-style, broiled)	*2 ounces*
Toast	*2/3 ounce*
Butter	*1/6 ounce*
Coffee	*as desired*

LUNCH	
Meat (lean)	*6 ounces*
Vegetable (cooked)	*3½ ounces*
Salad	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

DINNER	
Clear broth	*Optional*
Meat (lean)	*9 ounces*
Vegetable (cooked)	*3½ ounces*
Salad	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

HELPFUL INFORMATION

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

Age _____

Height _____

Weight _____

Desired Weight _____

WEIGHT RECORD

Date	Weight	Date	Weight

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.

Suggested Menus For Your Diet

MONDAY

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner
Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

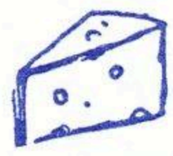
TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner
Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee

Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch
Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner
Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee

THURSDAY

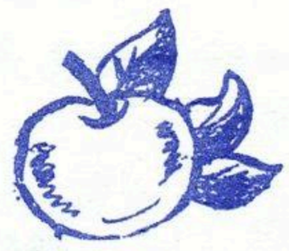
Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner
Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

SUNDAY

Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea



FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee

Lunch
Tongue and spinach
Pickled beet salad
Pumpernickel Butter
Raspberries
Milk Tea

Dinner
Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner
Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee

Dinner
Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---
Egg, cottage cheese, fresh and canned fish dishes are used.

Suggested Menus For Your Diet

MONDAY

Breakfast

Orange juice
Poached egg Frizzled dried beef
Toast Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread Butter
Grapes
Milk Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread Butter
Broiled grapefruit
Milk Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast Coffee

Lunch

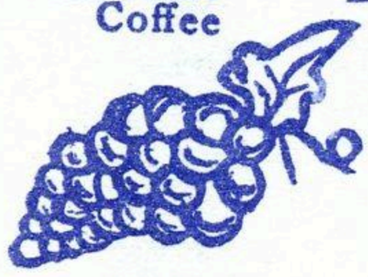
Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread Butter
Milk Tea

Dinner

Roast leg of lamb
Brussels sprouts
Bread Butter
Blueberries
Milk Coffee

Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg Broiled ham slice
Toast Coffee

Lunch

Cold roast lamb
String beans Carrot sticks
Bread Butter
Steamed apple
Milk Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread Butter
Sliced peaches
Milk Coffee

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread Butter
Pineapple
Milk Tea

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread Butter
Raspberries
Milk Coffee

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread Butter
Plums
Milk Tea

FRIDAY *

Breakfast

Orange juice
Baked egg in Canadian-style bacon cup
Toast Butter
Coffee

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread Butter
Grapes
Milk Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread Butter
Watermelon
Milk Coffee

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast Butter
Coffee

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread Butter
Cherries
Milk Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread Butter
grapefruit
Milk Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x ¼"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2½" x 2" x 1½"	22.3	262
Round	4	Pc. 3½" x 2½" x ½"	23.2	233
Shank	4	Pc. 3¼" x 2½" x ⅝"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3½" x ½"	22.3	262
Loin	4	Sl. 5½" x 3" x ½"	20.3	352
Rib	4	Sl. 5½" x 3" x ½"	20.9	332
Round	4	Sl. 5" x 3½" x ¼"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4¼" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2¾" x ¾"	23.9	181
Rib	4	Pc. 5" x 3½" x ½"	20.9	332
Round	4	Pc. 3" x 3" x ½"	23.2	233
Stews				
Chuck	4	3 pc. 1½" x 1¼" x 1¼"	22.3	262
Shank	4	3 pc. 1¼" x 1¼" x 1¼"	24.4	194
Stew meat (av.)	4	3 pc. 1¼" x 1¼" x 1¼"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x ⅝"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x ½"	21.6	276
Shoulder	4	Sl. 5" x 3" x ½"	18.7	348
Pork, fresh				
Chops and steaks				
Leg (ham)	4	Pc. 3½" x 3" x ½"	18.2	408
Loin	4	Chop ¾" th.	19.7	349
Shoulder	4	Pc. 4½" x 3½" x ⅜"	16.1	464
Roasts				
Boston butt	4	Sl. 4½" x 3½" x ⅜"	19.9	327
Loin	4	Sl. ¾" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style	1	Sl. 2¼" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4¼" x 4" x ⅛"	10.6	147
Veal				
Chops				
Loin	4	Chop ⅝" th.	23.0	211
Rib	4	Chop ¾" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2½" x ½"	22.9	223
Loin	4	Sl. 4" x 2½" x ½"	23.0	211
Rib	4	Sl. 4" x 2½" x ½"	22.6	241
Shoulder	4	Sl. 5" x 3" x ½"	23.3	202
Steaks				
Cutlet (round)	4	Pc. 4" x 2½" x ½"	23.4	191
Shoulder	4	Pc. 5" x 3" x ½"	23.3	202
Sirloin	4	Pc. 4" x 2½" x ½"	23.0	211
Stew (breast)	4	4 pc. 2½" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2½" x 1½" x 1"	12.6	152
Heart (av.)	4	⅓ ht. 3" dia. x 3½" lg.	19.7	157
Kidney (av.)	4	3 sl. 3¼" x 2½" x ¼"	20.0	164
Liver				
Beef	3	2 sl. 3" x 2½" x ⅜"	17.7	119
Lamb	3	2 sl. 3½" x 2" x ⅜"	18.9	118
Pork	3	2 sl. 3½" x 2" x ⅜"	17.7	116
Veal	3	2 sl. 3" x 2½" x ⅜"	17.1	122
Sweetbread	4	Pc. 4" x 3" x ¾"	18.2	216
Tongue	3	3 sl. 3" x 2" x ¼"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4½" dia. x ⅛" th.	4.4	65
Frankfurter	2	2 5½" lg. x ¾" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x ¼" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3½" x ⅛"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x ¾" dia.	5.8	76
POULTRY				
Chicken				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	½ breast	21.0	110
Leg	2½	1 av.	14.7	88
Thigh	2½	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3½	½ c. (diced)	23.1	139
Light meat	3	½ c. (diced)	20.3	106
Turkey				
Roast				
Dark meat	3½	Sl. 4" x 3" x ½"	23.2	177
Light meat	3½	Sl. 4" x 3" x ½"	24.5	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3½	5 med.	12.8	77
Cod	3½	Pc. 4" x 2¼" x ¾"	16.5	70
Crab, canned	3	⅔ c.	16.1	94
Finnan haddie	3½	¾ c.	23.2	96
Flounder	3½	Pc. 4" x 3" x ⅜"	19.0	79
Haddock	3½	Pc. 3½" x 3" x ¾"	17.2	72
Halibut	4	Pc. 4" x 3" x ½"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	½ c.	15.6	74
Fresh	2½	1 av.	12.2	63
Mackerel	2½	¼ fish 7" lg.	14.3	119
Oysters	3½	5 med.	6.0	50
Perch	4	2 fish 4½" lg.	23.4	102
Salmon				
Canned	3½	⅔ c.	24.7	203
Fresh	3	Pc. 2½" x 2½" x ⅞"	15.7	196
Shrimps, can'd	2	⅜ c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3¼" x 3" x ½"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	⅓		.1	73
Cheese, cottage	2	¼ c.	9.6	51
Cream, coffee	½	1 T.	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults (Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

MEN

Height		Weight	
Ft.	In.	15-19	20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

WOMEN

Height		Weight	
Ft.	In.	15-19	20-24
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	½ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1⅔	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	½ lge.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	⅔ c.	2.4	42
Beet greens	3½	½ c.	2.0	33
Beets	3½	⅔ c. or 2 1¾" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Brussels sprts.	3½	⅔ c.	4.4	58
Cabbage	3½	1/5 hd. 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	⅔ c.	2.4	31
Celery	½	Pc. 8½" lg. or 2 hts.	.2	3
Chard, Swiss	3½	½ c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ⅛" th.	.4	7
Eggplant	2	Sl. 3½" dia. x ⅜" th.	.7	17
Endive, French	2	2 stalks	.8	11
Green pepper	½	⅛ c. or pc. 4" x 1¼"	.2	4
Kohlrabi	3½	⅔ c. (diced)	2.1	36
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
	½	1 leaf	.2	3
Leaf	⅓	2 leaves	.1	2
Mushrooms	3½	5 caps 2¼" dia.	2.6	15
Okra	2	5 pods	1.0	21
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	½	3 med.	.2	7
Parsley		2 sprigs	.1	1
Pumpkin	3½	½ c.	1.2	36
Radishes	1	3 radishes 1" dia.	.4	7
Rutabagas	3½	½ c.	1.1	41
Sauerkraut	3½	⅔ c.	1.1	18
Spinach	3½	¾ c.	2.3	25
Squash				
Summer	3½	½ c.	.6	19
Winter	3½	½ c.	1.5	44
Tomatoes				
Canned	3½	½ c.	1.2	25
Fresh	3½	1 tomato 2" dia.	1.0	23
Juice, canned	4	½ c.	1.2	28
Turnip greens	3½	½ c.	2.9	37
Turnips				
White	3½	⅔ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	½	1 lge.	.2	23
Pickles				
Dill	2	½ pkle. 5" lg. x 1½" dia.	.3	7
Sweet	½	1 pkle. 2½" lg. x ¾" dia.	.2	21
BREAD AND CEREAL PRODUCTS				
Cereals				
Bran, whole	⅔	⅓ c.	2.5	67
Cornflakes	½	⅔ c.	1.3	56
Farina, enriched	⅔	½ c. (sc. 2 T. dry)	2.3	71
Oatmeal	⅔	½ c. (¼ c. dry)	3.1	77
Rice				
Puffed	⅓	¾ c.	.7	36
White	1	⅔ c. (2 T. dry)	2.3	105
Wheat				
Flakes	⅔	¾ c.	2.4	74
Puffed	⅓	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	⅔	Sl. 4" x 3½" x ⅓"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enrch	⅔	1 sl. (com'l) thin	1.6	50
Whole wheat	⅔	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	½	1 cracker 3" sq.	1.0	54
Saltine	⅛	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2¾" x 2½"	.6	25
Zwieback	¼	1 pc. 3¼" x 1¼" x ½"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0
FRUITS				
Apples	3½	1 apple 2¼" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	⅔ c.	.6	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ⅞" dia.	1.2	87
Grapefruit	3½	½ med. 3⅝" dia.	.5	44
Grapes				
Concord	3½	34 av.	1.4	78
Green s'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	½ orange 4" dia.	.9	52
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ½" th.	.4	58
Plums	2½	1 plum 1¾" dia.	.5	39
Raspberries	3	⅔ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	½ c.	.6	49
Orange	4	½ c.	.7	66
Pineapple, can'd	4	½ c.	.4	65
Tomato (see vegetables)				

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
		Small	Medium	Large
Ft.	In.	Frame	Frame	Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
		Small	Medium	Large
Ft.	In.	Frame	Frame	Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Your Spot Removal Guide

SOME GENERAL SPOT REMOVAL POINTERS

(1) Take spots out promptly. Many spots set with age. (2) Whenever possible, determine what made the spot. When you don't know, sponge first with cold water, then with ENERGINE Fireproof Cleaning Fluid. (3) Choose your cleansing agent according to the fabric and what made the spot. (4) Always remove spots before pressing a garment. Heat sets many stains, drives grease and dirt deeper into the fabric. (5) In removing a spot, don't rub too hard or too long. To do so may cause a white or worn looking place.

THE SPOT	Use These Steps On Nonwashable Fabrics	Use These Steps On Washable Fabrics
Any unknown spot	(2) (1)	(2) (4)
Adhesive tape	(1)	(1)
Blood	(2)	Soak in cold water; (4)
Chewing gum	(1) (6)	(1) (6) (4)
Coffee, tea	(2) (8) (1) if any grease from cream	(9) (4) (10)
Chocolate, cocoa	(1) (5)	(4) (10)
Egg	(2) (1)	(2)
Ice cream, milk	(1) (2) (5)	(2) (4)
Fruit	(2) (8)	(9) (10)
Grease from foods	(1)	(4)
Grease, heavy or dirty (automobile, bicycle, etc.)	(3) (1)	(3) (4)
Meat juice, gravy	(2) (1)	(2) (4)
Lipstick*	(3) (1) (6) (7)	(3) (4) (10)
Nail polish*	(11) (10)	(11) (10)
Paint (if fresh)*	(12)	(12) (4)
Salad dressings	(2) (1)	(4)
Soft drinks (if fresh; some almost unremovable if set by age, heat or soap)	(2) (8)	(2) (8) (10)

*Stains practically impossible to remove include dried paint, lipstick unless the fabric will stand soap, water and hard rubbing, and, on some but not all fabrics, nail polish.

Your Spot Removal Guide

THE STEPS

These are the steps referred to in the chart. When more than one step is listed, use them consecutively. When you sponge with water, then ENERGINE Fireproof Cleaning Fluid — or the other way around — let the fabric dry in between the two steps. You won't need to carry out all the steps listed after every spot unless it proves stubborn.

Step 1. Sponge with ENERGINE Fireproof Cleaning Fluid.

Step 2. Sponge with cold or lukewarm, not hot, water. Use cold water on soft drink, egg, blood, ice cream, and meat juice stains.

Step 3. Rub in petroleum jelly to soften the stain.

Step 4. Wash in warm water with a synthetic detergent or soap.

Step 5. Moisten spot with cold or lukewarm water. Rub in some pepsin powder and allow to remain for half an hour. Sponge with water.

Step 6. Soak for a short while in a bowl of ENERGINE Fireproof Cleaning Fluid.

Step 7. If color remains, sponge with denatured alcohol. On acetate and colored materials use a mixture of 1 part alcohol, 2 parts water.

Step 8. Apply glycerine and rub lightly between hands. Let stand half an hour. Sponge with lukewarm water. For fruit stains, allow the glycerine to remain for several hours.

Step 9. Place stained part of article over bowl. Fasten with string. Pour boiling water on stain from height of 2 or 3 feet.

Step 10. Sponge with hydrogen peroxide to which sodium perborate has been added (1 teaspoon per pint). Rinse well. Don't use on colored material without testing colorfastness of hidden part of garment.

Step 11. Sponge with nail polish remover unless the fabric is acetate. Do not use nail polish remover on acetate. It may cause a hole.

Step 12. Sponge with turpentine.

HOW TO USE CLEANING FLUID

1—If the colorfastness of the garment is doubtful, test a hidden part, such as an inside seam, with the cleaning fluid. ENERGINE Fireproof Cleaning Fluid will not injure the color of any colorfast material.

2—Brush fabric to remove loose soil.

3—Place an absorbent cloth or clean white blotter under the spot.

4—Moisten a clean cloth, dark if the garment is dark, with cleaning fluid.

5—With quick, light strokes brush the moistened cloth over the spot, covering a larger area than the spot. "Feather out" the cleaning fluid so there is no definite edge. Rub lightly until there is no clear line between the spot and the area around it. Change the cleaning cloth and pad under the spot if they become soiled.

6—If the spot has not come out, repeat the process. It is better to apply cleaning fluid sparingly several times than to saturate a spot with it.

WHAT CAUSES RINGS

Here is what causes rings:

1—The garment is soiled all over. Removing the spot leaves a conspicuous clean area.

2—Wrong cleaning methods. For example, failing to "feather out" the cleaning fluid so there is no definite edge or saturating the spot with cleaning fluid.

3—The fabric water spots because it contains sizing. With a spot made by a substance which contains both water and grease, the cleaning fluid removes the grease but not the water ring. Water rings occur most often on silk and rayon. To remove water rings rub the material against itself, then with a coin or your fingernail rub the ring lightly. If it still remains, hold the spot above the spout of a steaming tea kettle.

SAVE YOUR CLOTHES. Clothes moths regard many stains as delicacies. Keeping spots removed helps to discourage them from lunching on your favorite skirt or sweater.

MAXIMUM STORAGE TIME FOR FROZEN MEATS

Product	Recommended Maximum Storage Time at 0° F. or lower
Beef	6-8 months
Fresh Pork and Veal	3-4 months
Lamb	6-7 months
Ground Beef	3-4 months
Variety Meats (Liver, Heart, Tongue, etc.)	3-4 months
Smoked Hams, Picnics and Slab Bacon (Whole, Halves or Quarters)	Not to exceed 60 days
Other Cured and Smoked Meats	Not to exceed 60 days
Sliced Bacon	Not recommended for freezing
Bologna, Frankfurters or Wieners	Not recommended for freezing
Fresh Pork Sausage	Not recommended for freezing
Poultry	
Giblets	4 months
Chicken	6-12 months
Turkey	6-12 months

HOW TO WRAP MEAT FOR FREEZING

● For short periods in the freezer (no longer than one to two weeks), prepackaged self-service meats may be frozen in the original store package (film and board or tray). Make sure, though, that there are no breaks in the package.

● For longer periods in the freezer, use special freezer wrapping materials. Either of the following methods of wrapping is recommended:

A single moisture-vapor-proof sheet or bag which may be tied, taped, heat-sealed, or folded. This single sheet should be strong enough to resist puncturing and tearing.

Or a double wrap consisting of:

a. An inner wrap of moisture-vapor-proof paper, cellophane, pliofilm, aluminum foil, or other special freezer storage types of packaging materials available on the market. (Ordinary waxed paper is not moisture-vapor-proof and therefore is not satisfactory.)

b. An outer wrap of special packaging material or heavy wrapping paper. If an outer wrap of high heat insulating value is used (several thicknesses of wrapping paper, for example), the meat should be inner wrapped and frozen before the outer wrap is applied.

● Meats wrapped in ordinary market paper should be unwrapped and then rewrapped for freezing as outlined here.

● A satisfactory method of making a package for freezing is as follows:

1. Use enough paper so the edges may be folded down at least three times.
2. Place the meat in the center of the paper.
3. Separate individual servings (such as steaks, chops, or ground meat patties) with sheets of freezer paper so they will come apart easily before cooking.
4. Bring two edges of paper together above the meat and fold down in 1/2-inch to 1-inch folds until the paper is tight against the meat.
5. Press the wrap closely to the meat to force out air.
6. Seal edges carefully with freezer tape, or fold over ends at least twice and tie securely.

● Mark each frozen meat package to show contents, number of servings and date of freezing.

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable,* because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reuseable, or not. If they are reuseable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

WHAT YOU SHOULD KNOW ABOUT ILLNESSES

—AMERICAN RED CROSS

	HOW SPREAD	PREVENTION	Length of Time from Exposure to Onset	SYMPTOMS	How Long Communicable
WHOOPING COUGH	Direct contact with infected person by droplet infection or by contact with items freshly soiled by discharge.	Children less than 5 should be vaccinated. Where risk is great, immunize babies by the time they are 2 months old; other children, by 6 months of age. Reinforcing doses may be advisable within a year, and at 2 and 3 years of age.	Commonly 7 to 21 days, usually within 10 days.	Typical "whooping" cough, developing from ordinary cough. Cough may last from 1 to 2 months; suspect any cough when disease is in neighborhood.	For 3 weeks from onset of "whooping" or 5 weeks from onset of first symptoms.
CHICKEN POX	From person to person. Indirectly through articles freshly soiled by discharge from skin and mucous membrane of infected persons.	No immunization. Avoid exposure; 1 attack usually gives immunity.	2 to 3 weeks. Commonly 14 to 16 days.	Small reddish pimples, blisters, usually more on covered than on exposed body parts, which become itchy; slight fever.	At least 7 days and until all pimples are dry; highly communicable in the early stages.
EPIDEMIC MENINGITIS	Contact with nose and throat discharges of patients or carriers.	No immunization. Avoid contact, droplet infection and over-crowding. Stress personal cleanliness.	2 to 10 days. Usually 7.	Usually sudden onset; fever, intense headache, nausea, vomiting, rash occasionally; dizziness, delirium and coma may appear early.	Until 14 days after onset or until laboratory tests prove germs have disappeared from nose and throat.
SCARLET FEVER	Contact with nose, throat or ear discharge of infected person; carriers; contaminated milk or food.	No immunization. Pasteurization of milk. Avoid contact with ill persons.	1 to 5 days.	Sore, inflamed throat; strawberry tongue, fever, nausea and vomiting; later a rash, usually beginning on neck and chest.	Variable. 10 days in uncomplicated cases.
DIPHTHERIA	Contact with discharges from nose, throat or other infected membrane; by carriers; milk may carry disease germs.	All children should be immunized, beginning in infancy, with periodic booster doses. Adults exposed to infection should be given a Schick test to determine susceptibility before immunization; second attacks possible.	2 to 5 days, sometimes longer.	Inflammation of the tonsils, throat and nose with greyish white patches; fever.	Until germs disappear — as shown by laboratory tests of nose and throat.
INFANTILE PARALYSIS (Poliomyelitis)	Contact with nose, throat and bowel discharge of infected persons or healthy carriers of the virus.	Immunization against Poliomyelitis is 98% effective if both Salk (injectible) and Sabin (oral) vaccine is used.	Usually 7 to 14 days. (May be 3 to 35 days.)	Majority of cases not recognized; fever, headache, drowsiness, stiff neck and back, irritability.	Variable. For 7 days from date of onset or duration of fever if longer.
MEASLES	Easily spread. Directly from person to person; contact with discharges of nose and throat; through articles freshly soiled with infected secretions.	Immunication against measles is effective in about 95% of cases and is almost mandatory during pregnancy.	About 10 days from date of exposure to onset of fever; 13-15 days to appearance of rash; uncommonly longer or shorter; as long as 21 days if immune serum has been given.	Fever; symptoms of cold in eyes, nose and throat; early eruption in the mouth followed by rash, peeling of skin in convalescence.	During the period or runny eyes and nose, usually about 9 days (from 4 days before to 5 days after the rash appears).

FIRST AID IN HOUSEHOLD EMERGENCIES

(by the American Red Cross)

POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

- *Dilute* poison with large amounts of liquids — milk, salt water, or baking soda and water solution.
- *Wash out* by inducing vomiting.
- *Repeat* several times, then give dose of epsom salts (1 heaping tablespoon in glass of water).
- For acid poisons do not induce vomiting, but neutralize with baking soda, lime water or milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting. Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call doctor immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: When skin isn't broken, apply petroleum jelly or burn ointment to area and bandage snugly with sterile gauze or gauze soaked in a solution of baking soda (3 tbsp. to qt of water). If burn is deep or covers much of the body, apply sterile gauze or clean cloth with baking soda solution or dry dressing. (Never use grease or ointment). Call doctor and keep victim warm (not hot) and lying down with head covered; avoid exposure to cold.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: ***Minor cuts:*** apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. ***Puncture wounds:*** if puncture wound extends deeper than skin surface, try to induce bleeding. Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

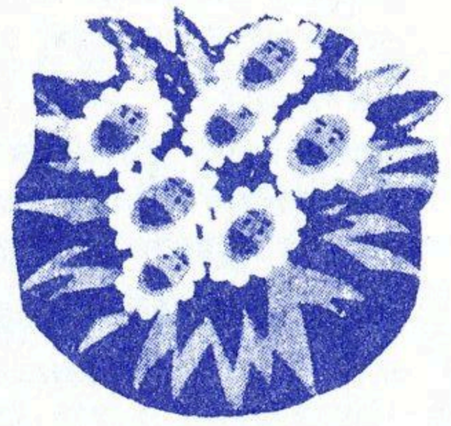
Treatment: keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (½ tsp. salt to 1 glass water) in small amounts at frequent intervals. Give coffee or tea. Call doctor.

NINE GENERAL DIRECTIONS FOR FIRST AID

1. Keep the injured person lying down. Put him in a comfortable position, his head level with his body, until you determine whether his injury is serious.
2. Examine. REMEMBER (1) serious bleeding, (2) stoppage of breathing, and (3) poisoning, in that order, must be treated immediately before anything else is done.
3. Keep him comfortably warm. Too much heat is dangerous.
4. Send someone to call a physician or ambulance.
5. Keep calm. Do not be hurried into moving the injured unless it is absolutely necessary.
6. Never give an unconscious person anything to drink.
7. Keep the crowd away.
8. Make the patient comfortable and keep him cheerful.
9. Don't let the patient see his own injury.

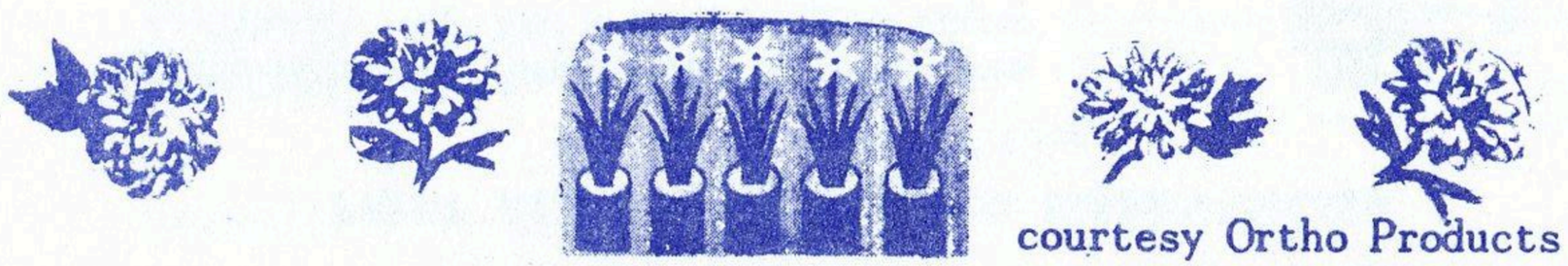
Quick-Blooming Color With ANNUALS

(One-season flowers)



Planting Chart for Annuals

Name	Height inches	Germ. days outdoors	Plants apart inches	Sow in frame month	Sow outdoors month	Set out plants month
Ageratum	6-24	8-12	6-10	3	5	5
Allysum, Sweet	4- 8	12	12		4	
Aster, China	12-36	8-10	12-18	4	5	5-6
Calif. Poppy	12	5-10	6- 8		3-11	
Calendula	12-18	10-12	12	3	3- 4	4-5
Calliopsis	6-36	10-12	6-12		3- 4-11	
Candytuft	6-12	5- 8	4- 8		3- 4-11	
Canterbury Bell (An.)	24-30	12-15	18	2-3	4	5
Celosia (Coxcomb)	8-24	20-25	12-24	4	5	5
Centaurea (Ragged Robin)	24	5-20	6-10	3	3- 4-11	5
Chrysanthemum (An.)	24	6- 8	12	3-4	5	5
Clarkia	24	8-10	10		3- 4	
Cosmos	36-60	5-15	24-30	3-4	4- 5	5
Flax (Annual)	24	15	6-10		3- 4	
Four O'Clock	24	12-15	18-24		5	
Gaillardia	12-18	12-15	12	3	4	5
Larkspur	24-36	15-20	10-12		3- 4-11	
Lupine	24-36	25-30	12		5	
Marigold	10-60	5- 8	12-30	3-4	4- 5	5
Nicotiana	24-36	20-25	12	3	5	5
Petunia	6-12	18-20	10-18	3	3- 4- 5	5
Phlox Drummondi	10-15	20-25	8-10	3	4- 5	5
Pinks (Annual)	12	5- 8	12	2-3	4	5
Portulaca	2- 3	18-20	6		4- 5	
Salpiglossis	24-30	15-20	12	3	5	5
Scabiosa	24-36	18-20	10	3	4- 5	5
Snapdragon	10-36	20-25	12-18	3-4	3- 4-11	4-5
Sweet Pea	36-72	15-20	6-10		3- 4-11	
Verbena	8-12	8-10	12-15	3	4	5
Zinnia	12-36	5- 8	12-24	3-4	5	5



courtesy Ortho Products

VEGETABLE GARDEN

Name	Seeds or plants per 100-ft. row	PLANTING DISTANCES: Rows apart in inches	PLANTING DISTANCES: Plants apart in inches	Depth of planting seed in inches	Ready for use after planting (days)	Yield per 100-ft. row
Beans, Bush	1 lb.	18-24	4- 6	½- 2	45- 65	50 lbs.
Beans, Lima	½ lb.	24	6-10	½- 2	60- 75	60-75 lbs.
Beans, Pole Snap	½ lb.	36-48	36-48	½- 2	45- 75	50-75 lbs.
Beets	2 oz.	12-18	3	½- 1	50 -80	100 lbs.
Broccoli	½ oz., 50 pl.	24-30	18-24	¼-½	80-120	50 lbs.
Brussels Sprouts	¼ oz., 50 pl.	24-30	18-24	¼-½	95-120	30 qts.
Cabbage, Early	1 pkt., 75 pl.	24-30	15-18	½	50- 65	100 lbs.
Carrots	½-1 oz.	12-18	3	¼-½	55-100	100 lbs.
Cauliflower	1 pkt., 45 pl.	24-30	18-24	½	55- 70	45 heads
Chard, Swiss	1 oz.	18-24	8-12	½- 1	50- 90	100 lbs.
Corn, Sweet	4 oz.	24-36	12-18	½	60- 90	100 ears
Egg Plant	1 pkt., 50 pl.	24-30	24-30	¼-½	80- 90	125 fruit
Endive	1 oz.	18-24	12-18	½- 1	90-120	50 lbs.
Lettuce, Leaf	½ oz.	12-18	6-12	¼	40- 60	50 lbs.
Onion Plants	300	15-18	3- 4	2- 3	75-100	100 lbs.
Peas	½ lb.	18-36	1- 3	2- 3	50-125	40 lbs.
Peppers	¼ oz., 50-75 pl.	18-24	15-24		70-140	120 pep.
Radishes	1 oz.	12-18	1	¼- 1	25- 50	1200 rad.
Spinach	1 oz.	15-24	2- 6	¼- 1	40- 70	50 lbs.
Tomatoes	1 pkt., 25-50 pl.	24-48	24-48	½	50-100	200 lbs.

When and Where to Plant — Give vegetables a fertile soil where drainage is good and that receives six full hours of sun per day. Before you plant, check a zoning map — for the last killing frost in your locality. Then start your vegetable garden one or two weeks later.

How to Plant — Draw a line with a stick for trenches or use a hoe for deeper trenches. Rows should run north and south, so both sides get an equal amount of sunlight.

After sowing, draw the soil back into the trench to cover the seed and tamp it with the flat side of the rake.

Watering — During summer months, irrigation of your home vegetable garden greatly increases yields. Soak once or twice a week.

Planting Chart For Bulbs and Bulbous Plants

Name	Height Inches	Color	Bloom Period Months	Planting Time, Depth and Space (Inches)	Habits	Time to Divide
Amaryllis	24	Various	6-7	Spring, 4 deep 12 apart	Sun. Tender. Good, sandy soil	Dig and store over winter
Begonia, Tuberous	12-15	Various	6-10	May. Shallow 12 apart	Tender. Shade. Sandy, moist soil	Dig and store over winter
Canna	36-60	Various	7-10	May. 4-5 deep 18-24 apart	Tender Sunny. Near pool	Dig, store over winter. Divide spring
Crocus	6-10	Various	3-4	Fall. 3 deep 3-4 apart	Hardy. In grass or along edges	Seldom
Dahlia	48-60	Various	7-10	Spring. 6-8 deep 36-48 apart	Tender, Sun. Rich soil	Store after frost. Divide in spring
Gladiolus	30-40	Various	7-10	Spring. 6-8 deep 3-6 apart	Sun. Make successive plantings	Dig and store after frost
Hyacinth	10	Various	3-4	Fall. 6-8 deep 6-8 apart	Sun. In beds. Rich soil.	Leave undisturbed
Lily, Canada	36-40	Yel-Orange	6-7	Fall. 5 deep 12-15 apart	Sun. Damp. Peat or leaf mold	Leave undisturbed
Lily, Madonna	36-60	White	6-7	Fall. 3 deep 12 apart	Sun. Lime Soil. Plant in sand	Leave undisturbed
Lily, Elegans	18-24	Various	6-7	Fall. 4-8 deep 6-12 apart	Sun. Shade. Lime. Light soil	Leave undisturbed
Lily, Henryi	48-96	Orange-Yel	7-9	Fall. 10 deep 12-24 apart	Sun. Shade. Any soil. Lime. Hardy.	Leave undisturbed
Lily, Regal	36-72	White	7	Fall. Spr. 6-9 deep, 10-15 apart	Sun. Rich loam	Leave undisturbed
Lily, Turkscap	36-120	Various	7-8	Fall. 5-8 deep 12-24 apart	Sun. Lt. shade. Moist peaty, acid soil	Leave undisturbed
Lily, Tiger	36-72	Orange-red	8-9	Fall. 6-9 deep 12-24 apart	Sun. Lt. shade. Grow anywhere	Leave undisturbed
Lily, Candlestick	24-30	Orange-red	6-7	Fall. 6-8 deep 12 apart	Sun. Lime. Easy to grow	Leave undisturbed
Hardy Amaryllis	24-30	Lilac-pink	8	Fall. 4 deep 10-15 apart	Sun. Lt. shade, any Good Soil	Leave undisturbed
Montbretia	24-36	Various	7-10	Spring. 3-4 deep 3-6 apart	Shade or Sun. Rich soil	Store in North. Leave undisturbed in South
Narcissus	12-18	Various	3-5	Fall. 5 deep 6-12 apart	Sun. Semi-shade. Any soil	Leave undisturbed unless crowded
Tulip	10-32	Various	4-6	Fall. 4 deep 4-8 apart	Sun best. Rich soil	Annually or 2-3 years

Perennial Planting Chart

Name	Height Inches	Color	Bloom Period Months	Propagation	Planting Time	Time to Divide
Alyssum	10-12	Yellow	4-5	Seed	Spring	Does not divide
Anemone	24-36	Various	9-11	Division, Cutting	Spring	When plants crowded
Aster, Hardy	24-60	Various	8-9	Division	Spr., Fall	1-3 yrs.
Bell Flower	36	Various	6	Seed	Fall, Spr.	Does not divide
Blazing Star	48-60	Purple	7-8	Division	Spr., Fall	When crowded
Chinese Bellflower	12-46	Various	7-9	Seed	Spring	Does not divide
Chrysanthemum, hardy	18-30	Various	8-11	Division	Spring	Divide every year to single shoots
Chrysanthemum, maximum	24	White	6-7	Seed, Divis.	Spr., Fall	1-2 yrs.
Columbine	12-24	Various	5-6	Seed	Spring	Does not divide readily
Coreopsis	24-36	Yellow	6-9	Seed	Spr., Fall	Easier to grow from seed
Delphinium	48-72	Various	6	Seed, Divis.	Spr., Fall	When crowded, Easier from seed
Digitalis, Giant Shirley	60	Various	6-7	Seed		Does not divide
Day Lily	24-48	Various	5-10	Division	Spr., Fall	Most kinds seldom divide
Foxglove	24-36	Yellow	6-8	Seed, Divis.	Fall, Spr.	When crowded
Iceland Poppy	8-12	Various	4-9	Seed	Spring	Does not divide
Iris, Tall Bearded	24-40	Many	5-6	Division	Midsummer	3-5 yrs., when crowded
Lavender	12-18	Blue	6-8	Seed, Divis.	Spring	Seldom or never
Oriental Poppy	24-36	Various	5-6	Seed, Divis.	Late Summer	Seldom, unless crowded
Pinks	12	Various	5	Seed, Divis., Cutting	Fall, Spr.	Best grown from seed
Peony	36-48	Various	5-6	Division	Fall	Seldom, unless crowded
Phlox, Border	36	Many	7-8	Division	Spr., Fall	Every 3 yrs.
Phlox, Dwarf	6	Various	5-6	Division		Every 3 yrs.
Primrose	8-10	Various	4-5	Seed, Divis.	Spr., Fall	When crowded
Scabiosa	18-30	Blue	6-9	Seed	Spr., Fall	Does not divide
Stoke's Aster	12	Blue	6-7	Seed, Divis.	Spring	Seldom, hard to divide
Sweet William	12-24	Many	5	Seed	Fall, Spr.	Best from seed
Thrift	4-8	Red	5-6	Division	Spr., Fall	When crowded
Viola	4-6	Various	4-11	Seed	Spr., Fall	Better from seed

courtesy Ortho Products

If You Have Cake Troubles---

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse-grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar or insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of egg whites with the other ingredients. Too little sugar or too fast an oven might produce the same effect.

When a cake "falls" it is occasioned by an insufficient quantity of flour or rising ingredients, by excess temperature or from moving it in the oven after the cake has risen and before the cell walls have become fixed or firm by the heat.

A cake is bready and solid when too much flour has been used.

When too much heat is used a cake presents an uneven surface, crusts over the top before the mixture has risen to its full height and bursts at its weakest place which is usually the top.

A heavy streak at the bottom of a loaf cake is usually caused by using too many egg yolks in proportion to other ingredients, or by baking the cake in too slow an oven.

CAN SIZES

Size	Product	Cups	Servings (Approx.)
No. 2	Fruits, vegetables, juices	2½	4 to 6
No. 2½	Fruits, vegetables	3½	6 to 8
46 oz.	Juices	5¾	6 to 8
No. 10	Fruits, vegetables, juices	13	18 to 25

MEASURES FOR COOKED AND UNCOOKED FOODS

Food	Weight Unit	Uncooked Measure	Approx. Measure Cooked
Beans, dried			
Lima	1 lb.	3 cups	7 cups
Navy	1 lb.	2 cups	6 cups
Red kidney	1 lb.	2⅔ cups	6½ cups
Fruit, dried			
Apricots	1 lb.	3 cups	4½ to 5 cups
Figs	1 lb.	50 to 60	2⅔ to 3 cups
Prunes	1 lb.	40 to 50	3 to 4 cups
Raisins or currants	1 lb.	3 cups	4 cups
Macaroni products			
Macaroni	1 lb.	3 to 4 cups	8 to 10 cups
Noodles	8 ozs.	2½ cups	5 cups
Spaghetti	8 ozs.	2½ cups	5 cups
Cereals			
Rice	1 lb.	2 cups	6 cups
Rolled oats	8 ozs.	5½ cups	2¾ qts.
Rolled oats (quick)	1 lb.	4 cups	8 cups
Nuts			
Peanuts	1 lb.	2 cups meats	
Pecans	1 lb.	2¼ cups meats	
Walnuts	1 lb.	2 cups meats	

Finding the Date for Easter

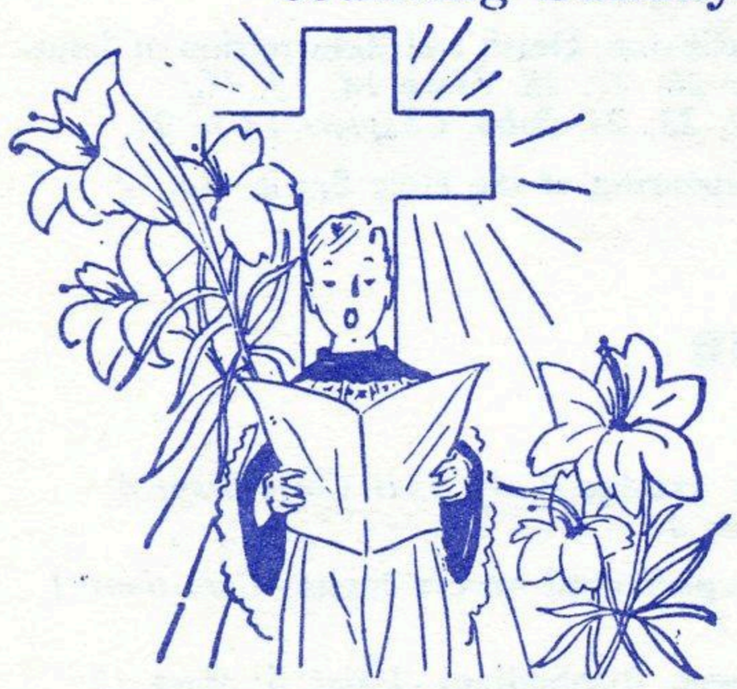
Easter is always the first Sunday after the first full moon after the vernal equinox.

The vernal equinox is the first day of Spring and usually falls on March 20, 21 or 22. It is the day when the sun is moving north and its rays fall vertically on the equator.

So Easter is the first Sunday after the first full moon after the first day of Spring. It may be as early as two days after the vernal equinox if (1) the date of a full moon is the first day after the vernal equinox and (2) the second day is Sunday. It may be as early as March 22nd or as late as April 25th.

The date was decided upon because the early Pilgriums needed the moonlight to help them in their travels to the great Easter events of the time.

Lent begins on Ash Wednesday, which is 40 days, not counting Sundays, before Easter Sunday.



EASTER DATES

1966	April	10	1971	April	11
1967	March	26	1972	April	2
1968	April	14	1973	April	22
1969	April	6	1974	April	14
1970	March	29	1975	March	30

PERPETUAL CALENDAR

Showing the Day of the Week for Any Date between 1700 and 2499

Table of Dominical Letters

Year of the Century — *Denote Leap-Years				Centuries 1700, 2100	1800, 2200	1900, 2300	2000, 2400
0	*28	*56	*84	C	E	G	A
1	29	57	85	B	D	F	G
2	30	58	86	A	C	E	F
3	31	59	87	G	B	D	E
*4	*32	*60	*88	E	G	B	C
5	33	61	89	D	F	A	B
6	34	62	90	C	E	G	A
7	35	63	91	B	D	F	G
*8	*36	*64	*92	G	B	D	E
9	37	65	93	F	A	C	D
10	38	66	94	E	G	B	C
11	39	67	95	D	F	A	B
*12	*40	*68	*96	B	D	F	G
13	41	69	97	A	C	E	F
14	42	70	98	G	B	D	E
15	43	71	99	F	A	C	D
*16	*44	*72		D	F	A	B
17	45	73		C	E	G	A
18	46	74		B	D	F	G
19	47	75		A	C	E	F
*20	*48	*76		F	A	C	D
21	49	77		E	G	B	C
22	50	78		D	F	A	B
23	51	79		C	E	G	A
*24	*52	*80		A	C	E	F
25	53	81		G	B	D	E
26	54	82		F	A	C	D
27	55	83		E	G	B	C

Month					Dominical Letter						
January, October					A	B	C	D	E	F	G
Feb., Mar., Nov.					D	E	F	G	A	B	C
Jan., Apr., July					G	A	B	C	D	E	F
May					B	C	D	E	F	G	A
June					E	F	G	A	B	C	D
February, August					C	D	E	F	G	A	B
Sept., Dec.					F	G	A	B	C	D	E
1	8	15	22	29	Su	Sa	F	Th	W	Tu	M
2	9	16	23	30	M	Su	Sa	F	Th	W	Tu
3	10	17	24	31	Tu	M	Su	Sa	F	Th	W
4	11	18	25		W	Tu	M	Su	Sa	F	Th
5	12	19	26		Th	W	Tu	M	Su	Sa	F
6	13	20	27		F	Th	W	Tu	M	Su	Sa
7	14	21	28		Sa	F	Th	W	Tu	M	Su

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For *January* 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

Where to look in the Bible

when

Anxious for dear ones—*Psalms 121; Luke 17.*

Business is poor—*Psalms 37, 92; Ecclesiastes 5.*

Discouraged—*Psalms 23, 42, 43.*

Everything seems going from bad to worse—*II Timothy 3; Hebrews 13.*

Friends seem to go back on you—*Matthew 5; I Corinthians 13.*

Sorrow overtakes you—*Psalms 46; Matthew 28.*

Tempted to do wrong—*Psalms 15, 19, 139; Matthew 4; James 1.*

Things look "blue"—*Psalms 34, 71; Isaiah 40.*

You seem too busy—*Ecclesiastes 3:1-15.*

You can't go to sleep—*Psalms 4, 56, 130.*

You have quarreled—*Matthew 18; Ephesians 4; James 4.*

You are weary—*Psalms 95:1-7; Matthew 11.*

Worries oppress you—*Psalms 46; Matthew 6.*

if you

Are challenged by opposing forces—*Ephesians 6; Philippians 4.*

Are facing a crisis—*Job 28:12-28; Proverbs 8; Isaiah 55.*

Are jealous—*Psalms 49; James 3.*

Are impatient—*Psalms 40, 90; Hebrews 12.*

Are bereaved—*I Corinthians 15; I Thessalonians 4:13-5:28; Revelation 21, 22.*

Are bored—*II Kings 5; Job 38; Psalms 103, 104; Ephesians 3.*

when

Desiring inward peace—*John 14; Romans 8.*

Everything is going well—*Psalms 33:12-22; 100; I Timothy 6; James 2:1-17.*

Satisfied with yourself—*Proverbs 11; Luke 16.*

Seeking the best investment—*Matthew 7.*

Starting a new job—*Psalms 1; Proverbs 16; Philippians 3:7-21.*

You have been placed in a position of responsibility—*Joshua 1:1-9; Proverbs 2; II Corinthians 8:1-15*

Making a new home—*Psalms 127; Proverbs 17; Ephesians 5; Colossians 3; I Peter 3:1-17; I John 4.*

You are out for a good time—*Matthew 15:1-20; II Corinthians 3; Galatians 5.*

Wanting to live successfully with your fellowmen—*Romans 12.*

to find

The Ten Commandments—*Exodus 20; Deuteronomy 5.*

The Shepherd Psalm—*Psalms 23.*

The Birth of Jesus—*Matthew 1, 2; Luke 2.*

The Beatitudes—*Matthew 5:1-12.*

The Lord's Prayer—*Matthew 6:5-15; Luke 11:1-13.*

The Sermon on the Mount—*Matthew 5, 6, 7.*

The Great Commandments—*Matthew 22:34-40.*

The Great Commission—*Matthew 28:16-20.*

The Parable of the Good Samaritan—*Luke 10.*

The Parable of the Prodigal Son—*Luke 15.*

The Parable of the Sower—*Matthew 13; Mark 4; Luke 8.*

The Last Judgment—*Matthew 25.*

The Crucifixion, Death and Resurrection of Jesus—*Matthew 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*

The Outpouring of the Holy Spirit—*Acts 2.*

if you

Bear a grudge—*Luke 6; II Corinthians 4; Ephesians 4.*

Have experienced severe losses—*Colossians 1; I Peter 1.*

Have been disobedient—*Isaiah 6; Mark 12; Luke 5.*

Need forgiveness—*Matthew 23; Luke 15; Philemon.*

Are sick or in pain—*Psalms 6, 39, 41, 67; Isaiah 26.*

when you

Feel your faith is weak—*Psalms 126, 146; Hebrews 11.*

Think God seems far away—*Psalms 25, 125, 138; Luke 10.*

Are leaving home—*Psalms 119; Proverbs 3, 4.*

Are planning your budget—*Mark 4; Luke 19.*

Are becoming lax and indifferent—*Matthew 25; Revelation 3.*

Are lonely or fearful—*Psalms 27, 91; Luke 8; I Peter 4.*

Fear death—*John 11, 17, 20; II Corinthians 5; I John 3; Revelation 14.*

Have sinned—*Psalms 51; Isaiah 53; John 3; I John 1.*

Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*

Want a worshipful mood—*Psalms 24, 84, 116; Isaiah 1:10-20; John 4:1-45.*

Are concerned with God in national life—*Deuteronomy 8; Psalms 85, 118, 124; Isaiah 41:8-20; Micah 4, 6:6-16.*

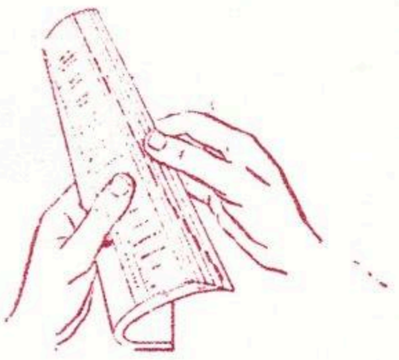
courtesy American Bible Society

Church Women United 342

Favorite Family Recipes

Expression of Appreciation

The Chelsea School Club wishes to thank the many people who helped to make this community cook book possible.



THUMB INDEX

APPETIZERS, PICKLES, RELISH

SOUPS, SALADS, DRESSINGS, SAUCES

MAIN DISHES— MEAT, SEAFOOD, POULTRY

MAIN DISHES— EGG, CHEESE, SPAGHETTI, CASSEROLE

VEGETABLES

BREAD, ROLLS, PIES, PASTRY

CAKES, COOKIES, ICINGS

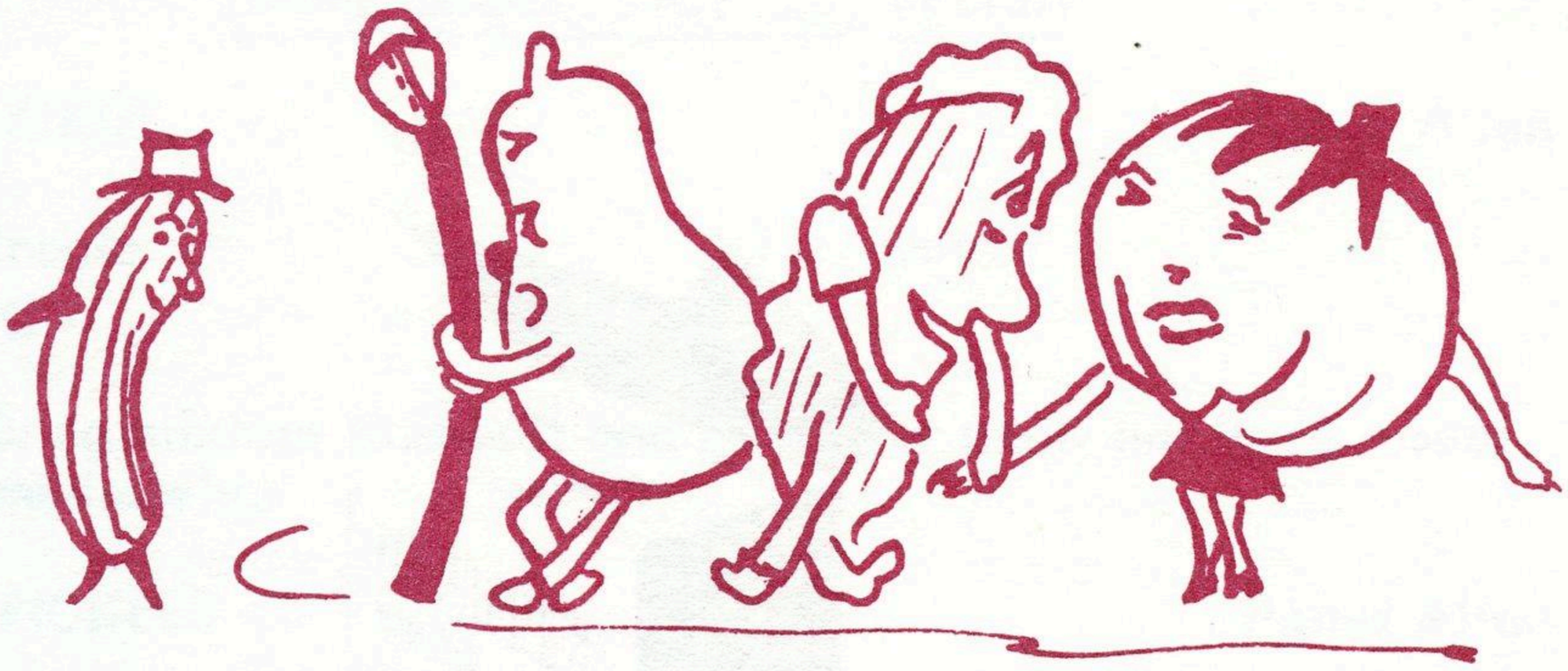
DESSERTS

CANDY, JELLY, JAM, PRESERVES

BEVERAGES, MISCELLANEOUS

A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS

ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE



Appetizers, Pickles and Relish

Try waxing your ashtrays. Ashes won't cling, odors won't linger and then can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

To remove burned food from oven, place small cloth saturated with ammonia in oven over night, and food can be easily wiped up.

Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

Sweet potatoes will not turn dark if put in salted water (5 teaspoons to 1 quart of water) immediately after peeling.

Soak bacon in cold water for a few minutes before placing in skillet. This will lessen the tendency to shrink and curl.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

Wax the legs of your chairs and they will not mar the waxed floor when moved about.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

APPETIZERS, PICKLES, RELISH

BEET PICKLE

Agnes Allen

3 c. vinegar
2 c. sugar
1 c. water

Bring mixture to a boil and pour over small hot beets - seal jars immediately.

SOUR PICKLES

Agnes Allen

3 qts. vinegar
1 c. sugar
about 3/4 c. salt
1 c. dry mustard
2 oz. mixed pickling spices

Bring mixture to a boil - let cool; then pour over small cucumbers.

SUNSHINE PICKLES

Beatrice Coburn

4 qts. ripe cucumbers
4 c. sugar
3 c. vinegar
1 Tbsp. salt
1 Tbsp. turmeric
1 Tbsp. celery seed

Cook until tender; put in jars hot.

PICCALLI

Betsy Coburn

12 green tomatoes
4 green peppers
2 red peppers
12 onions
1 qt. vinegar
4 c. sugar

Grind onions, peppers, tomatoes; then add vinegar and sugar; cook until tender, about 1 hour. Put in jars while hot.

GOLDEN GLOW PICKLES

Beatrice Coburn

Peel and remove seeds from 12 large cucumbers. Cut in small pieces. Slice 2 qts. onions; then let stand in salt and water overnight. Drain, cook in 1 qt. vinegar, 6 c. sugar until cucumbers are clear. Make a paste of:

6 Tbsp. flour
1 Tbsp. turmeric
1 Tbsp. mustard
1 can pimiento, cut fine

Cook about 15 minutes; seal hot.

BREAD AND BUTTER PICKLES

Beatrice Coburn

25 large cucumbers
12 onions, sliced
1/2 c. salt

Place cucumbers in cold water until crisp, then wipe dry and slice; add onions and salt, no water. Let stand 1 hour; don't drain.

Add: 1 qt. vinegar, 2 1/2 c. sugar, 2 Tbsp. mustard seed, 2 Tbsp. celery seed, 1/2 c. water. Boil mixture together 5 minutes; while hot fill jars and seal.

TOMATO MINCE MEAT

Beatrice Coburn

1 pt. chopped green tomatoes
1 1/2 pts. tart apples
2 tsp. cinnamon
1 tsp. salt, allspice & cloves
3 c. sugar
1 lb. raisins
1/4 c. vinegar
1 c. suet

Peel and chop apples. Mix all together; bring to a rapid boil and simmer until thick. Put in jars hot.

PICKLED BEETS

Beatrice Coburn

24 small beets
1 c. cooking liquid
1 pt. vinegar
1 1/4 c. sugar
2 Tbsp. salt
6 whole cloves
1 (3 inch) stick cinnamon
3 medium onions, sliced

Pack hot; makes 4 pints.

SOUR PICKLES

Beatrice Coburn

1 gallon vinegar
2 c. sugar
1 c. salt
1 c. mustard

Wash cucumbers - drop into jar anytime, making sure cucumbers are covered with vinegar.

CRANBERRY RELISH

Nancy Button

2 oranges
1 lb. cranberries
1 unpeeled apple, cored
2 c. sugar

Peel oranges, trim off and discard white part of rind. Put orange pulp and rind, cranberries and apple through food chopper. Add sugar and mix well.

HOT DOG RELISH

Marian Button

4 c. ground onion
1 medium cabbage (4 c. ground)
10 green tomatoes (4 c. ground)
12 green peppers
6 sweet red peppers
1/2 c. salt
6 c. sugar
1 Tbsp. celery salt
2 Tbsp. mustard seed
1 1/2 tsp. turmeric
4 c. vinegar
2 c. water

Use coarse blade to grind vegetables. Sprinkle with 1/2 c. salt; let stand overnight. Rinse and drain. Combine rest of ingredients, pour over vegetable mixture. Heat to boiling. Simmer 3 minutes. Seal in hot sterilized jars. Makes 8 pints.

CARROT RELISH

Norma Gilman

6 carrots
1 lemon
1 c. sugar

Grind carrots and lemon. Add sugar. Store in refrigerator until used.

AUNT RACHEL'S SOUR PICKLES

Gerry Rogers

1 pint vinegar
3 Tbsp. sugar
3 Tbsp. salt
1/2 tsp. powdered alum
1/2 tsp. dry mustard
1 Tbsp. spices

DILL PICKLES

Gerry Rogers

1 c. salt
2 qts. water
1 qt. vinegar

Bring to a boil. Pack cukes in jar with 1 sprig of dill. Pour above over cukes. Seal.

UNCOOKED CUCUMBER PICKLES

Goldie Verge

Cucumbers should not be over 4 inches long. Wash and scrub clean with a brush. Put into a 1 qt. jar 4 Tbsp. sugar, 2 Tbsp. salt, 2 Tbsp. dry mustard - all level. Pack as many cucumbers as possible into a jar, then fill to top with plain cold vinegar (medium strong). Seal airtight, using new rubbers. Let stand 24 hours. Shake jar occasionally to dissolve salt and sugar; then store in a cool dark cellar. No cooking is required.

I make these every year; only I have my own version: 1 c. sugar, 1 c. salt, 1 c. dry mustard, 1 gallon vinegar. Prepare vinegar before hand and use as needed.

GREEN TOMATO MINCE MEAT

Vivian Tucker

1 peck green tomatoes
2 lbs. white sugar
3 lbs. brown sugar
juice of 3 oranges
juice of 4 lemons
1 peck apples
3 lbs. raisins
1 - 8 oz. jar of jelly
1 Tbsp. cloves
1 Tbsp. nutmeg
2 Tbsp. cinnamon
1 Tbsp. allspice
1/2 lb. suet
4 Tbsp. salt
2 c. vinegar

Grind tomatoes, apples, raisins and suet with meat grinder. Mix all ingredients together. Cook on medium heat until tender, stirring constantly. May be waxed as for jam and jellies to preserve.

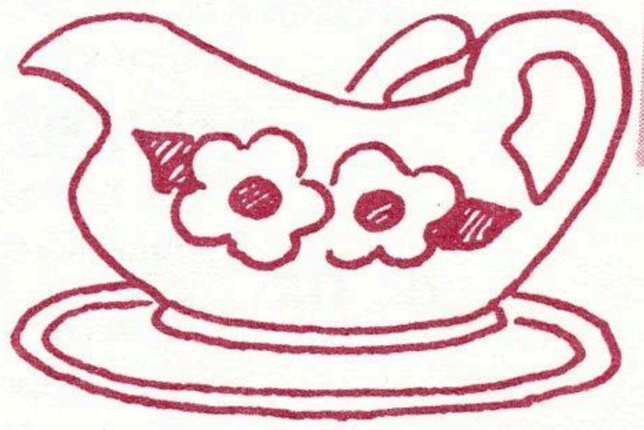
SWEET PICKLE

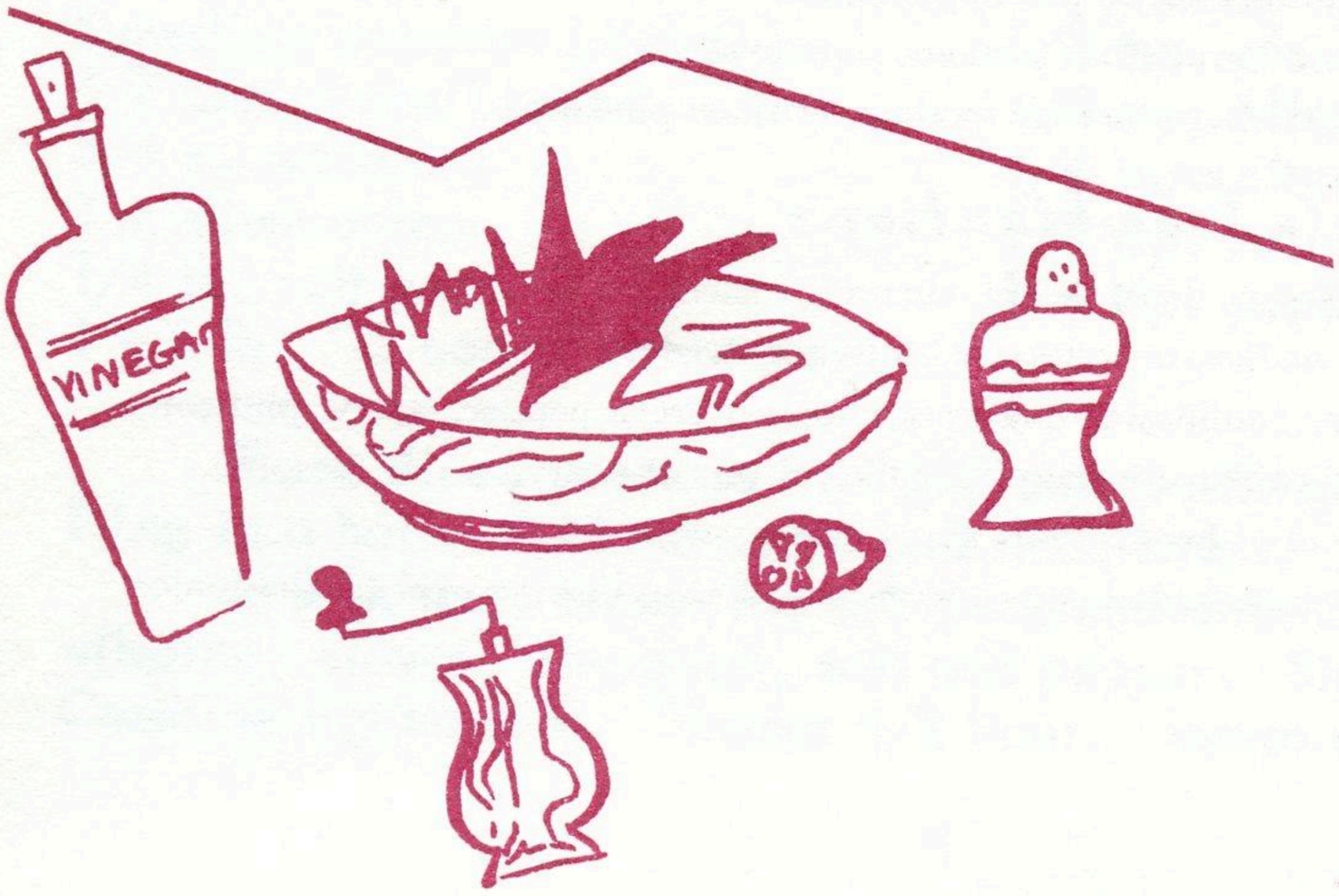
Dot Lyon

One (1) bushel ripe cucumbers that have been peeled and the seeds removed. Let set in a brine of about 1/8 c. salt and water to cover, overnight. Drain brine off. Mix 2 qt. vinegar, 3 lbs. of dark brown sugar, 5 Tbsp. cinnamon, 5 Tbsp. allspice, 3 Tbsp. cloves. Cook until tender.

Write your extra recipes here:

Soups, Salads, Sauces, Dressings





Salads and salad dressings

For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

FROZEN CRANBERRY SALAD

Nancy Button

1 c. heavy cream
1/2 c. sugar
1 1/2 c. cranberry relish (recipe above)

Whip cream, adding sugar gradually. Fold in cranberry relish and pour in refrigerator trays. Freeze.

UNUSUAL SALAD

Gladys Kennedy

1 small carton cottage cheese (small curd)
1 small orange jello
1 can (small) mandarin oranges, drained
1 small can crushed pineapple, drained
1 small box Cool Whip

Sprinkle jello over cottage cheese; mix well. Then mix in rest. Will not be firm, put in dish to serve.

BEAN SALAD

Mrs. Theo Taplin

1 c. green beans
2 c. wax beans
1/2 c. sliced green pepper
1 small onion, diced
1/2 c. chopped celery

Dressing:
3/4 c. sugar
1/2 c. salad oil
1/2 c. vinegar
3/4 tsp. salt
1/4 tsp. pepper

Mix all your vegetables together in a bowl and let stand. Mix your dressing ingredients together in a bottle and shake well. Pour over vegetables and mix. Refrigerate and serve.

ITALIAN BEAN SOUP

Phyllis Hayward

5 medium potatoes (diced)
1/2 can of shell beans
3/4 c. macaroni
1 medium onion
1/4 lb. salt pork
1 - 1 lb. 12 can of tomatoes
1/4 tsp. cloves
1/4 tsp. allspice
1/4 tsp. cinnamon
1/4 tsp. salt
1/4 tsp. pepper

Place diced potatoes in 1 1/2 quarts of water in a saucepan. Bring to a boil. Add macaroni and shell beans. Cook.

In a skillet, brown the salt pork and onions. Add tomatoes, allspice, cloves, cinnamon, salt and pepper. Simmer 1/2 hour. Combine ingredients. Simmer 1/2 hour. Serves 6-8.

CHEESE CHOWDER

Edith Hayward

2 carrots
2 stalks celery
1 c. boiling water
1/2 small onion
3 Tbso. fat (butter or margarine)
1/4 c. flour
3 1/2 c. milk
1 1/2 c. cut-up cheese

Chop carrots and celery. Cook in boiling water 10 minutes. Chop onion. Cook onion in fat until tender. Stir flour into onion. Add milk slowly. Cook, stirring all the time until thickened. Add cheese and vegetables with cooking liquid to milk mixture. Stir over low heat until cheese melts. Makes 6 servings.

CRANBERRY SALAD

Gertrude Roberts

1 pkg. cherry flavored gelatine
1 c. hot water
1 c. sugar
1 Tbsp. lemon juice
1 c. ground, raw cranberries
1 orange, ground
1 c. drained crushed pineapple
1 c. chopped celery
1/2 c. chopped walnuts

Dissolve gelatine in hot water. Add sugar, lemon juice and pineapple syrup. Stir until dissolved. Chill until partially set. Add remaining ingredients; chill in oiled, shallow pan. Serve with mayonnaise.

CATSUP

Beatrice Coburn

1 qt. water
1 qt. tomato paste
1 c. sugar
1 c. vinegar
1 Tbsp. salt
1 medium onion, grated
2 tsp. cinnamon
1 tsp. clove

Simmer vinegar, sugar, salt, spices and onions until onion is soft. Strain and add tomato paste and water - 10 minutes.

CREAMY ORANGE SALAD

Judy Reed

1 pkg. orange jello
1 can crushed pineapple
1 c. shredded carrot
2 c. whipped cream

Reserve juice from pineapple and boil with enough water to equal 1 cup of liquid. Stir in jello and carrot. Let set for 1/2 hour. Stir in pineapple; let set 1/2 hour more, stirring once gently - stir in whipped cream and let firm.

RICE SALAD

Sadie Kennedy

2 pkgs. strawberry gelatin
2 c. boiling water
3/4 c. cold water
1 c. cold cooked rice
1/2 c. milk
1 c. sweetened whipped cream
1 small can crushed pineapple with juice
1/2 c. chopped nuts

Dissolve gelatin in hot water and add the cold water. Chill until it starts to set. Fold in rice, milk, pineapple, whipped cream and nuts and chill until firm.

HEARTY-TOMATO-BEEF SOUP

Helen A. James

1 lb. ground beef
1 c. chopped onion
1/2 c. chopped celery
1 Tbsp. butter
1 -(1 lb. 12 oz.) can tomatoes
2 beef bouillon cubes
1/3 c. regular uncooked rice
1 tsp. salt
1 bay leaf
1/2 tsp. chili powder
2 1/2 c. water

Saute ground beef, onion and celery in melted butter, in a dutch oven, until meat is well browned.

Stir in remaining ingredients. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes. Remove bay leaf. Makes 2 qts.

FRENCH DRESSING

Lucy McCullough

1/2 c. vinegar
1 c. salad or olive oil
1/4 tsp. black pepper
1 tsp. paprika
1 tsp. sugar (if desired)
cayenne, a few grains, more if you substitute red pepper
1 tsp. onion salt
1 tsp. garlic salt

Combine all ingredients; shake or beat until thoroughly combined; chill. Shake again before using.

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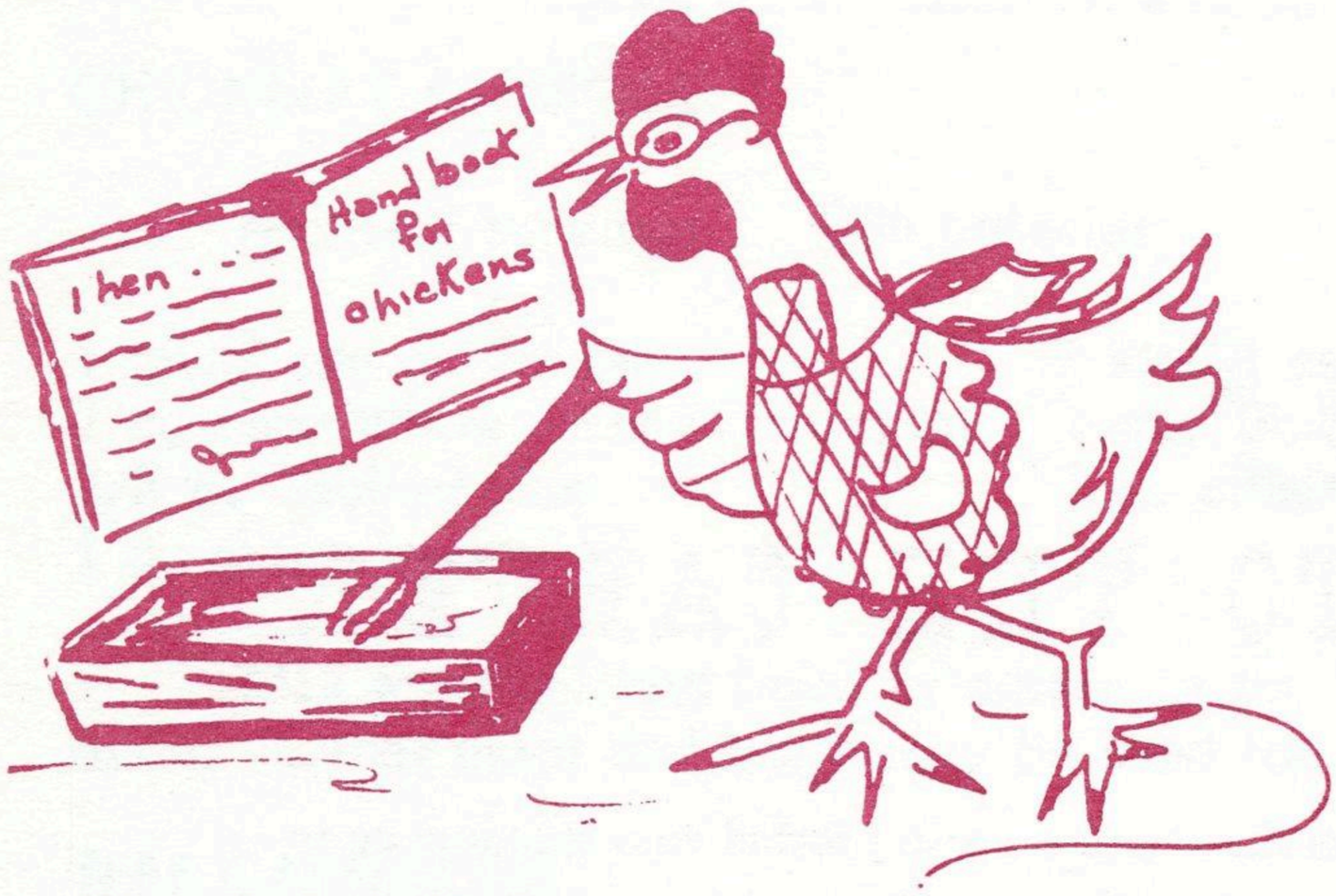
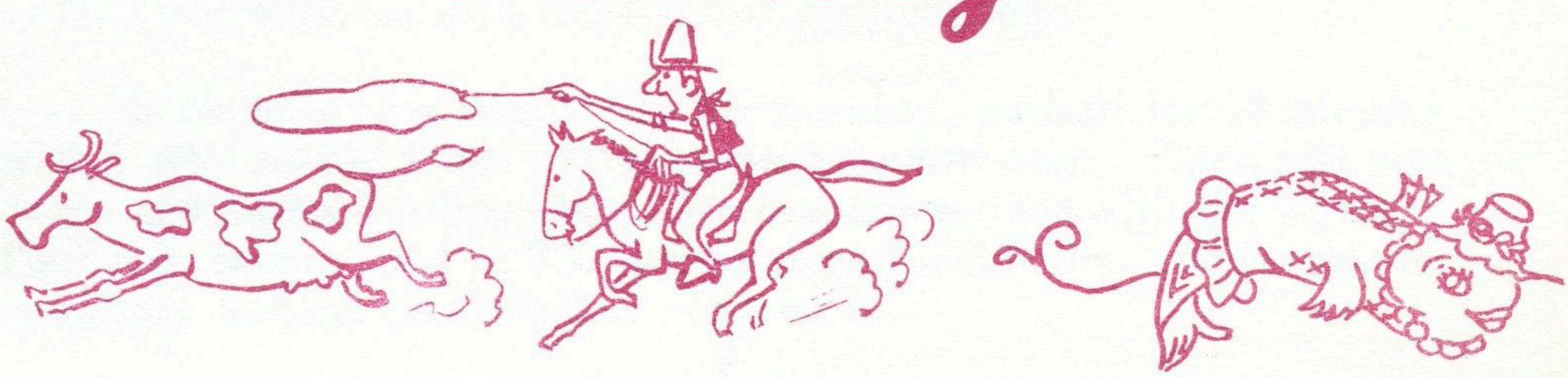


MAIN DISHES

Meat, Sea Food, Poultry



Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.

- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.

- Carving is unduly complicated by a dull knife.

- And remember the first rule of carving . . . . .

"Cut across the grain"

If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.

- When garnishing, don't be over-generous; leave space for the work to be done.

- Servings cool quickly so plates and platter *must* be heated.

- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

CHICKEN CASSEROLE

Shirley Bellefeville

Makes 2 servings. 235 calories

1 small can mushroom
1 c. cook white meat of chicken
1/2 c. cooked rice
1 c. green beans
2 stalks celery (chopped)
1 small onion (chopped)
1 c. chicken broth

Mix together and bake in casserole for 1 hour in 350 degree oven. Other meat and broth may be used too.

BEEF CASSEROLE

Shirley Bellefeville

3 1/2 oz. steak
1 c. consomme soup
1 small can mushrooms
small onion (chopped)
1 c. string beans
1 c. rice

Brown steak and onion. Add soup, rice (cooked) and beans and mushroom. Simmer 15 minutes. Makes 2 servings. 296 calories each.

CHILE CON CARNE

Shirley Bellefeville

6 oz. diet lean hamburg
4 oz. chopped onion
4 oz. mushrooms
1 small can french cut green beans
1 stalk chopped celery
1/2 green pepper
1 c. tomato juice
garlic powder and salt and pepper

Cook hamburg, then drain on paper towel, then return to fry pan and add all the other ingredients. More juice may be added, but not more then 12 oz. Makes 2 servings. 225 calories each.

BOSTON BAKED BEANS

Norma Anderson

2 lbs. pea beans
1 lb. salt pork (I use less)
8 Tbsp. sugar
2/3 c. molasses
2 tsp. dry mustard
4 tsp. salt
1/2 tsp. black pepper
1 medium onion

Soak beans overnight. In the morning, parboil for 10 minutes with 1 tsp. baking soda. Rinse beans in cold water. Place salt pork, onion and beans in dish. Mix ingredients together with hot water. Pour over beans. Put in 300 degree oven for 6 hours. Add water as necessary to keep beans moist. Serves 10.

DELUXE MACARONI AND CHEESE

Joyce Gomez

1 lb. package macaroni
1 1/2 c. cottage cheese
1 1/2 c. cheddar cheese
1 1/2 c. sour cream

Cook the macaroni according to package directions. Add the cheeses to the macaroni. Cover with buttered bread crumbs and bake.

TUNA-STUFFED TOMATOES

N. Rein

6 tomatoes
1 - 7 oz. can tuna, drained and flaked
1/2 c. finely chopped celery
1 envelope (1 1/2 oz.) seasoning mix for Sloppy Joes
1/4 vinegar
1/4 c. oil
1 Tbsp. butter, melted
1/4 c. fine dry bread crumbs

Cut tops off tomatoes. Hollow out centers. Combine tuna, celery, contents of seasoning mix, vinegar and oil. Spoon into tomatoes; combine butter and bread crumbs. Sprinkle over tomatoes. Bake at 400 degrees for 15 to 20 minutes, until hot (in large loaf pan or dish). Serves 6.

SALMON CHEESEBURGERS

N. Rein

1 - 7 oz. can flaked salmon (approx. 1 c.)
1/4 c. diced celery
1/4 c. mayonnaise
1 Tbsp. lemon juice
1 Tbsp. milk
1/4 tsp. salt
2 Tbsp. chopped onion
1/8 tsp. cayenne pepper
softened butter or margarine
3 hamburger buns, split
3 slices cheddar cheese

Combine and mix salmon, celery, mayonnaise, lemon juice, milk, salt, onion and cayenne pepper. Spread butter or margarine on bun halves. Spread salmon mixture on top of 3 halves. Place cheese slices on remaining 3 halves. Broil 4 inches from top heat for 3 minutes, or until cheese melts. Place one of the buns with cheese on each of the salmon covered buns.

Note: Tuna can be substituted for salmon. Nice party or brunch recipe. Serves 3.

QUICK 'N EASY SALMON PATTIES

Ginny Button

1 - 15-16 oz. can pink salmon
1 egg
1/3 c. minced onion
1/2 c. flour
1 1/2 tsp. baking powder
shortening for frying

Drain salmon. Set juice aside. In bowl, mix salmon, egg and onion till sticky. Stir in flour. Add baking powder to salmon juice.

(Cont.)

Stir into mixture. Form into small patties. Fry till golden brown in hot fat. Serve with tartar sauce. (Good cold as sandwich fillers.) Serves 4-6.

SPAGHETTI MOUSSE

Mildred Hallgren

One (1) c. spaghetti - cook 20 minutes in salted water. Drain. Put in buttered casserole with: 1/3 c. bread crumbs, 1 1/2 c. milk, 1 1/2 tsp. salt, 2 eggs, 2 Tbsp. parsley. Put through grinder 1/2 can pimientos, 1 medium onion, 1/2 green pepper, 1 c. sharp cheese. Add this and 4 Tbsp. melted shortening. Bake 45 to 50 minutes, about 350 degrees.

BAKED BEANS

Shirley Bellefeville

2 lbs. dry beans (Pea, Kidney or Yellow Eye)

Pick over, wash and soak overnight. In the morning, parboil until the skins split when blown on. Add:

1 Tbsp. salt
1 tsp. baking soda
1 tsp. dry mustard
1/2 c. sugar
1/2 c. molasses
1/4 tsp. pepper
1 medium onion (diced)
About 1/4 to 1/2 lb. salt pork, scored
Water to cover

Bake at 250 degrees about 6 hours.

LEMON GLAZED CHICKEN

Pauline Waterson

1 - 3 lb. broiler
1 1/2 tsp. seasoned salt
1/8 tsp. pepper
2 Tbsp. butter or margarine
2 tsp. grated lemon peel
3 Tbsp. lemon juice
1/2 c. dark corn syrup
1/2 c. water

Sprinkle cut up chicken with salt and pepper. In butter or margarine in electric skillet at 350 degrees, saute chicken till browned, then add lemon peel, lemon juice, corn syrup and water. Cover and simmer at 250 degrees about 45 minutes, or till tender. Baste several times. Serves 4.

CHICKEN SUPREME

Sadie Kennedy

8 chicken breast halves
1/4 lb. butter or margarine

Brown chicken in butter; remove and add garlic salt and brown a 4 oz. can of mushrooms. Add 2 cans of cream of chicken soup,

(Cont.)

1/2 tsp. rosemary and thyme. Return chicken and cook covered for 45 to 60 minutes. Very Good with rice.

BARBEQUED HAMBURGER — Sarah Mackintosh

Brown together in fat: 1 lb. ground beef, 1 onion and 1 green pepper. Add: 1 Tbsp. sugar, 2 Tbsp. French's mustard, 2 Tbsp. vinegar, 1 tsp. salt and 3/4 c. catsup. Simmer 1/2 hour and serve on rolls.

SHRIMP DELUXE — Virginia M. Button

1 Tbsp. butter or margarine
3/4 c. coarsely chopped onion
garlic salt (to taste)
1 can cream of mushroom soup, undiluted
1 c. milk
1/4 c. catsup and 1 Tbsp. Worcestershire sauce
1 - 4 oz. can mushroom pieces
1 - 1 lb. pkg. frozen shrimp, prepared according to directions
parsley
Hot cooked rice

In large skillet, over medium heat (about 250 degrees), melt butter. Add onion, garlic salt and cook until onion is brown. In bowl, combine soup, milk, catsup and blend well and stir into onion mixture. Stir in drained mushrooms and cooked shrimp. Heat to serving temperature, stirring occasionally. Serve over cooked rice. Serves 4. Preparation time: 18 minutes. Cooking time: 10 minutes.

CURRIED LAMB WITH RICE — Mr. Hanumanthiah

2 lbs. lean lamb shoulder, cubed
2 Tbsp. fat
salt and pepper
1 bay leaf
6 whole black peppers
2 small onions, sliced
1 tsp. chopped parsley
1/4 c. flour
1 tsp. curry powder
2 Tbsp. cold water

Brown meat in hot fat, cover with boiling water; add seasoning, spices, onion and parsley. Cover and cook slowly for 2 hours, or until meat is tender.

Strain stock, reserve 2 cups, mix flour and curry powder; add cold water and blend. Stir into stock; cook until thick. Add meat mixture. Serve with rice. Makes 6 servings.

EM'S EASY BEEF STEW — Emily W. Betts

Serves 4-6. Preheat oven to 325 degrees. Cook 3 - 4 hours.

1 to 2 lbs. stew beef
1 can mushroom soup
1 can onion soup (Onion soup mix doesn't work)

(Cont.)

Mix the three ingredients together in a casserole dish. Cover. Put in pre-heated oven.

Cook vegetables separately. 20 minutes before stew is ready to serve, add the vegetables.

MY FAMILY'S FAVORITE MEAT LOAF — Elsie E. Nichols

2 beaten eggs
3/4 c. milk
2/3 c. fine dry bread crumbs
2 Tbsp. finely chopped onion
1 tsp. salt
1/4 tsp. chili powder
dash pepper
1 1/2 lb. ground beef

Combine first 7 ingredients. Add the ground beef and mix well. Pat this mixture into baking dish and bake in a 350 degree oven for 60 minutes. Drain off excess fat.

Topping:

1/4 c. catsup
1 Tbsp. brown sugar
1/2 tsp. dry mustard

Mix together well. Spread this topping over cooked meat loaf and return to the oven for 10 minutes.

MEAT BALLS — Mrs. Peter Vermette

1 lb. hamburg
chopped onion
1 egg
salt and pepper
1/2 c. bread crumbs

Make into meat balls and put into fry pan, and pour following over the top: 1 c. tomato soup and 3/4 can of water. Low heat for 1 hour. Turn over once in a while. Serve tomato gravy on potatoes.

SURPRISE MEAT LOAF — Diane Lord

3 lbs. meat loaf mixture (beef, pork or veal)
1 1/2 c. soft bread crumbs
1 envelope beef flavored soup mix
3 eggs
1 1/2 tsp. onion salt
1/2 tsp. pepper
1 1/2 pkg. pastry mix (or your own recipe)
1 egg yolk, slightly beaten with 1 Tbsp. milk

Line large baking pan about 17 inch long, with foil. Combine ingredients except last three. Mix well. Put into foil-lined pan. Bake in moderate oven, 375 degrees, 1 hour or until done. Let stand 1 hour, then mix pastry according to directions. Roll out dough and

(Cont.)

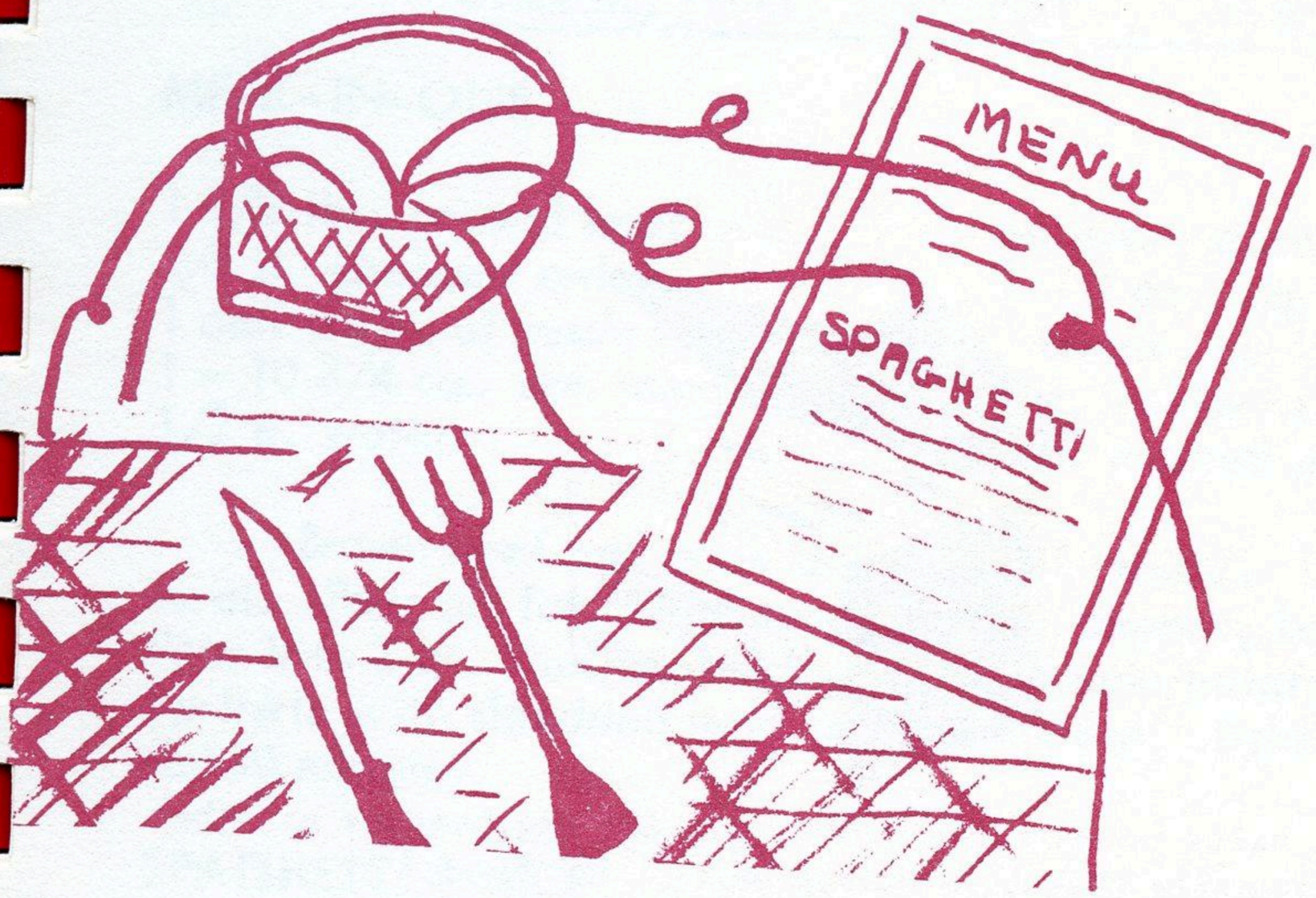
cover meat. Put seam side down. Brush with egg yolk and milk. Bake in hot oven, 20 minutes, at 425 degrees F.

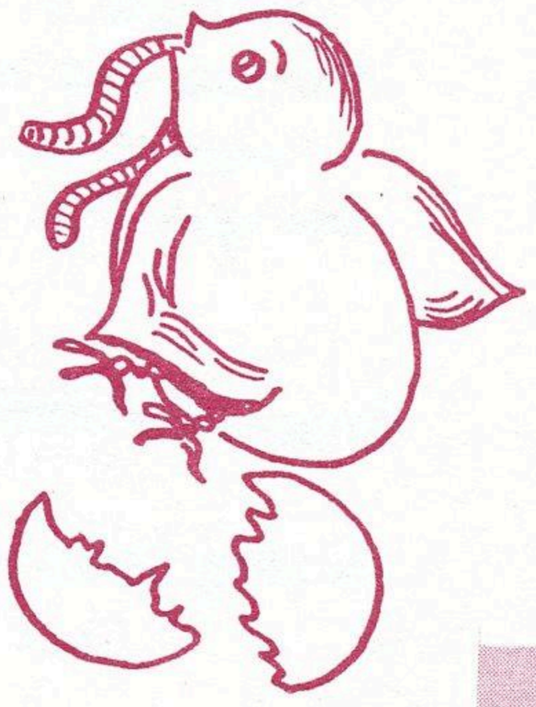
DEVILED CHICKEN BALLS — Shirley Bellefeville

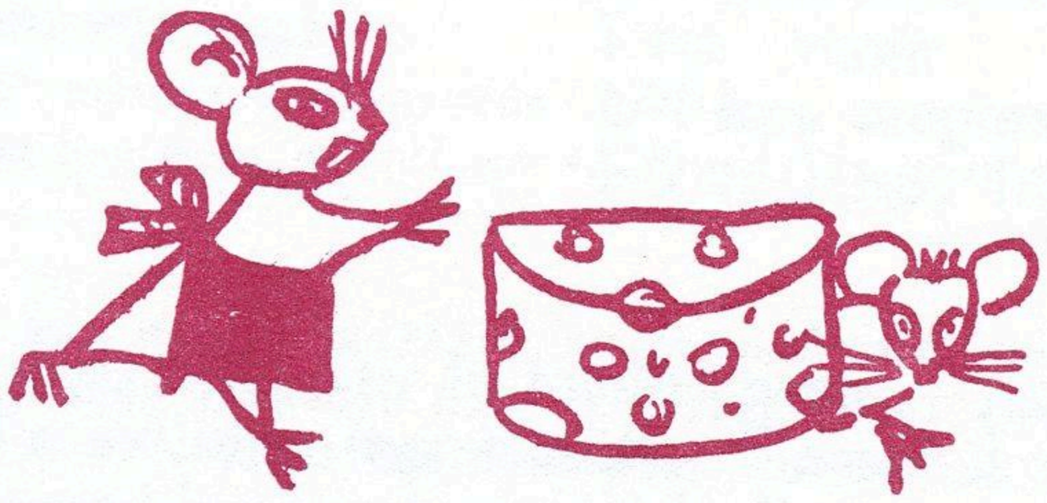
3/4 c. cooked chopped chicken
2 Tbsp. finely chopped parsley
2 Tbsp. grated onion
1 Tbsp. curry powder
3 Tbsp. low calorie mayonnaise
1 tsp. mustard
2 Tbsp. dry bread crumbs
1/2 tsp. paprika

Blend together the chicken, 1 Tbsp. parsley, the onion, curry powder, mayonnaise and mustard. Shape into 1/2 inch balls. Mix together the bread crumbs, paprika and remaining parsley. Roll the balls in the mixture and chill. Spear with a cocktail pick and serve. 20 calories each.

Write your extra recipes here:

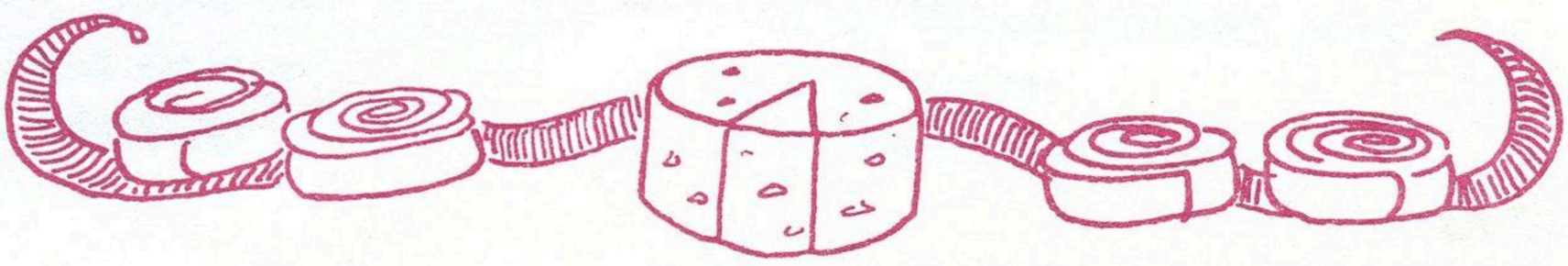


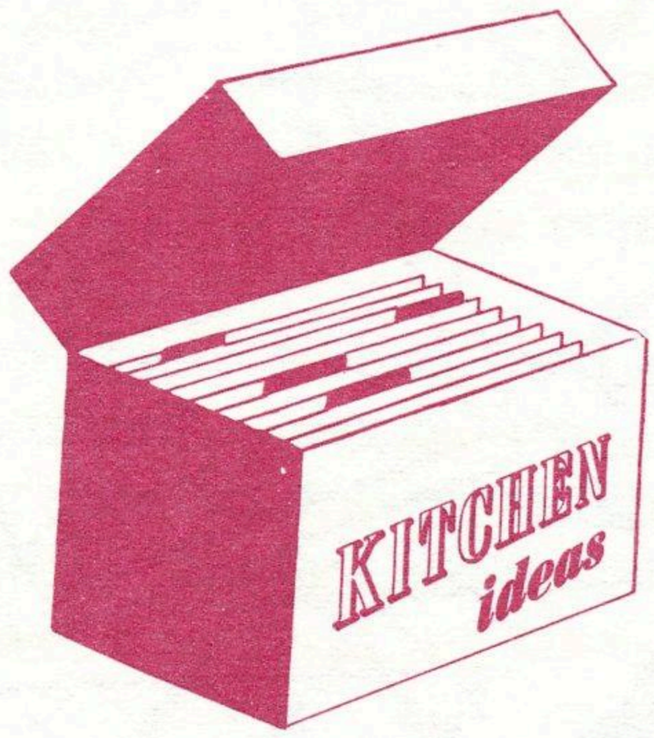




MAIN DISHES

Cheese, Egg , Spaghetti, and Casserole





Glycerin makes an excellent lubricant for egg beaters or other kitchen utensils that have moving parts. Unlike oil it will not spoil the taste of food if mixed with it by accident. The glycerin may be applied with a medicine dropper.

Chill cheese to grate it more easily.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Time for cooking vegetables varies with the age of the vegetables and the hardness of the water. Altitude is also a factor. Test them by pricking with a fork.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. Thry are attractively served in the foil too.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

MEAL-IN-ONE

Gladys Kennedy

1 1/2 lbs. ground beef
1/2 c. chopped onion
1 can cream of mushroom soup
1 - 10 3/4 oz. can tomato soup
1/2 c. water
generous dash of pepper
1 - 9 oz. pkg. frozen cut green beans, cooked and drained
1 c. cooked sliced carrots
3 c. mashed potatoes

Brown beef and cook onions until tender. Stir to separate meat. Pour off fat. Add soup, water, pepper, beans and carrots. Pour into 2 qt. shallow baking dish. Spoon potatoes over top. Sprinkle with shredded mild process cheese. Bake at 350 degrees for 30 minutes.

SPAGHETTI SAUCE

Susan Whitcomb

1/2 c. chopped onion
1/4 c. olive oil
2 - 6 oz. cans tomato paste
1 3/4 c. water
1/2 c. red wine
1/4 tsp. salt
1/8 tsp. instant minced garlic
1/8 tsp. pepper
1 tsp. sugar
1/4 tsp. oregano
1/2 to 1 tsp. Italian seasoning

Saute onion in oil. Stir in tomato paste. Slowly add water and wine. Add remaining ingredients. Simmer 3 or 4 hours. Add 1 lb. browned ground beef or browned Italian sausage for a meat sauce. Makes 3 cups.

WHITE MONKEY

Rachel Comstock

1 pint milk
2 oz. (1/2 c.) cheese
1 egg
1 oz. butter
1 tsp. salt
dash cayenne pepper

Put milk in double boiler over fire. Soon as it is warm, stir in 1 Tbsp. flour, mixed with 2 of water. Add cheese and when dissolved, add salt, pepper and egg, beaten with 2 Tbsp. milk or water. Let simmer 5 minutes, then serve on hot buttered toasted bread.

PORK CHOW MEIN

Cecelia Kennedy

2 onions, diced
2 c. sliced celery
1 Tbsp. cooking oil
2 c. diced cooked pork
2 c. water
3 Tbsp. soy sauce

(Cont.)

1 Tbsp. molasses
1 can bean sprouts (drained)
3 Tbsp. cornstarch

Saute onions and celery in oil for 5 minutes. Add pork, water, soy sauce and molasses. Simmer for 15 minutes. Add bean sprouts; heat. Stir in cornstarch, blended with a little water. Cook until thickened. Serve on Chow Mein Noodles or Rice.

HAM CHEESE BAKE

Clara Battey

8 slices bread
2 c. ground smoked ham
2 Tbsp. prepared mustard
2 c. grated American cheese
8 slightly beaten eggs
2 c. milk
1/4 tsp. salt
pepper

Remove crusts from bread, spread with butter. Cut on the diagonal. Arrange 4 slices in greased 8-inch square baking dish. Mix ham and mustard; spread over bread; sprinkle with cheese. Cover with remaining bread slices. Combine eggs, milk and seasonings; pour over. Chill 1 hour. Bake in slow oven (325 degrees) 1 hour.

GINNY'S SPANISH RICE

Ginny Button

1/2 onion
1/2 green pepper

Chop and cook until light brown. Add 1/2 lb. hamburg. After hamburg is brown add: 1 1/2 c. pre-cooked (instant) rice, 1 - 15 oz. can Hunt's tomato sauce, 1 1/2 c. hot water. Simmer about 5 minutes.

CHICKEN RICE CASSEROLE

Elaine Braman

1/4 c. fat or butter
1/3 c. flour
1 1/2 tsp. salt
1/8 tsp. pepper
1 c. chicken broth (or 1 chicken bouillon and 1 c. water)
1 1/2 c. milk
1 1/2 c. cooked rice
2 c. cut-up chicken
1 - 3 oz. can mushrooms
1/3 c. green pepper
2 Tbsp. pimiento
1/4 c. slivered almonds

Heat oven to 350 degrees. Melt fat, blend in flour, salt, pepper; remove from heat, stir in broth and milk; heat to boiling. Boil 1 minute. Stir in remaining ingredients. Bake 40-45 minutes, uncovered.

POTATOES ROMANOFF

Elaine Braman

6 medium potatoes (5 c. cooked and diced)
2 tsp. salt
2 c. creamed cottage cheese
1 c. sour cream
1/4 c. minced onion
1 small clove garlic

Mix, bake at 350 degrees for 30-45 minutes. Prepare day before and refrigerate.

WELSH RABBIT

Rachel Comstock

1 1/2 Tbsp. butter
1 1/2 Tbsp. flour
1 1/2 c. milk
1 c. cheese, cut in small pieces
1/2 tsp. salt
1/2 tsp. dry mustard
dash paprika

Melt butter; add flour. Blend. Add milk; stir over low heat till thickened. Add cheese; stir till melted. Add seasonings. Serve over crisp saltines.

KNEFLA-OR BUTTONS

Sarah Mackintosh

1 egg
1/2 c. milk
salt, pinch of soda
flour to make stiff

Mix by hand. Snip off small pieces with spoon into boiling water or meat stock. Fry onions and bread crumbs in butter and stir Knefla into pan after Knefla has been parboiled.

HAM AND PEA CASSEROLE WITH CHEESE SAUCE

Marion Gilman

1 c. diced cooked ham
1 c. diced cooked potatoes
1 c. cooked peas

Add alternately in casserole dish with cheese sauce - put cracker crumbs on top with pats of butter. Bake at 350 degrees for 30 minutes.

GOLDEN CRUMB BROCCOLI CASSEROLE

Mrs. Theo Taplin

1 1/2 lb. fresh broccoli, cut up (6 c.)
1 can condensed cream of mushroom soup
1/4 c. mayonnaise or salad dressing
1/4 c. (1 oz.) shredded sharp process American cheese
1 Tbsp. chopped pimiento
1 1/2 tsp. lemon juice
1 - 3 c. rich round cheese cracker crumbs (6 crackers)

(Cont.)

In covered saucepan, cook broccoli in small amount of boiling salted water for 10 to 15 minutes; drain. Turn into 1 1/2 quart casserole. Combine soup, mayonnaise, cheese, pimiento and lemon juice. Pour over broccoli. Top with cracker crumbs. Bake in 350 degree oven for 35 minutes. Makes 6 to 8 servings.

SPLIT PEA CASSEROLE

Edith Hayward

1 small onion
2 Tbsp. fat (butter or margarine)
2 1/2 c. cooked split peas
1 c. rolled wheat or rolled oats
1 c. cut up, chopped meat or canned luncheon meat
1/2 tsp. salt
pepper to taste
2 eggs
2 c. milk

Chop onion and fry in fat until tender. Remove from heat and add split peas, rolled wheat or oats, meat, salt and pepper. Beat eggs. Stir eggs and milk into split pea mixture; mix well. Pour into greased baking pan. Bake at 350 degrees (moderate oven) 50 minutes. Makes 6 servings.

POTATO SOUP

Edith Hayward

1 large onion
2 Tbsp. fat (butter or margarine)
5 large potatoes
1 c. water
3 c. milk
2 tsp. salt
pepper to taste

Chop onion. Put onion and fat in a large pan and cook until tender. Cut potatoes into small pieces and add to onion. Add water. Cover and boil gently for 15 minutes or until potatoes are tender. Mash potatoes with fork without draining. Add milk, salt and pepper and heat slowly, stirring to keep from sticking. Do not boil. Serves 6.

TOMATO CHEESIES

Lorraine Braman

6 slices toast
2 c. grated processed cheddar cheese (1/2 lb.)
2 1/4 c. canned tomato or vegetable juice, heated
1/4 tsp. onion salt
1/8 tsp. pepper

Start heating oven to 375 degrees F. Cover bottom of shallow baking dish with 3 slices of toast; sprinkle with half of cheese. Pour tomato juice, combined with seasonings over top. Bake 30 minutes. Makes 3-4 servings.

CHILI CON CARNE

Lorraine Braman

Melt 2 to 3 Tbsp. bacon drippings or butter. Saute in the fat: 1/2 c. chopped onion or 1/2 c. chopped clove garlic. Add 1 - 2 lbs. ground beef. Stir and saute the beef until well done. Add:

1 1/4 c. canned tomatoes
4 c. canned kidney beans
3/4 tsp. salt
1/2 bay leaf
1 tsp. sugar
2 1/2 tsp. chili powder

Cover and cook slowly for about 1 hour. Serve with tortillas or crackers. 8 servings.

BAKED LASAGNE

Emily W. Betts

Serves 8. Preheat oven to 350 degrees. Bake 30-35 minutes.

1 clove garlic, minced
1/4 c. chopped onion
2 Tbsp. olive oil
1 lb. ground chuck

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3 c. (1 lb. 8 oz.) canned Italian tomatoes
1 - 8 oz. can tomato sauce
1 tsp. salt (or to taste)
1 tsp. basil leaves
1 tsp. oregano leaves
2 Tbsp. parsley flakes

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1 pkg. (1 lb.) Lasagne noodles
1 lb. Ricotta cheese (substitute cottage cheese if desired)
1/2 lb. Mozzarella cheese
1/4 lb. grated Parmesan cheese

Saute garlic and onion in hot oil until onion is limp. Add meat and cook until it begins to brown, stirring frequently. Add next 3 ingredients and simmer 40 minutes. Add next 3 ingredients. Cook 5 minutes. Cook Lasagne noodles as directed on package. Drain and rinse with hot water.

In a buttered 12 x 8 x 2 inch baking dish, layer half the ingredients in this order: Lasagne noodles, Ricotta, Mozzarella, meat sauce, and Parmesan cheese. Repeat; using the remaining ingredients. Bake 30-35 minutes or until the Lasagne is hot and the cheese is melted.

RICE PILAF

Mr. Hanuman Thiah

2 c. uncooked rice
approx. 1/2 bag cashew nuts
1/2 of double bag pkg. coconut
butter
1 Tbsp. curry powder
1 Tbsp. salt
1 can green beans
4 or 5 cubed potatoes
1 can tomatoes
carrots, cut into rounds

Melt butter in a pan, put cashews into it. Fry them, put coco-

(Cont.)

nut, curry powder. Salt and cook this well (1). Cook vegetables separately (2). Cook rice. Put (1) and (2) into rice and mix everything.

WILMA'S SPECIAL CHICKEN CASSEROLE — Harriet Turnquist

1 - 5 lb. fowl
1 can cream of mushroom soup
1 c. sour cream
1 small pkg. Pepperridge Farm Seasoned Dressing Mix

Boil food in salted water until thicken meat is tender. Retain at least 1 c. broth to mix with dressing. Remove chicken from bones and cut into bite-size pieces. Put in casserole with soup and sour cream. Stir the mixture.

Make dressing according to directions on package, using the broth for wetting. Spread dressing over chicken mixture. Bake at 350 degrees F. for 1 hour, covered.

(Note: I wasn't able to get the Dressing Mix, but I got Pepperidge Farm Herb Seasoned Stuffing and used half of the 8 oz. bag, and it made a delicious dish.)

LASAGNE — Doris (Gilman) Daszkiewicz

Lasagne noodles #15 - 1 lb.
2 hard boiled eggs, chopped fine
4 c. spaghetti sauce
1 lb. Mozzarella cheese, grated
1 lb. hamburg

Mix together:

3/4 lb. Ricotta cheese (or Breakstone's Farmer cheese)
4 Tbsp. Parmesan cheese
1 1/2 tsp. salt
1/2 tsp. pepper
2 uncooked eggs, well beaten

Boil noodles 15 minutes in a large kettle, stirring occasionally; drain in a colander, cool under cold water, drain.

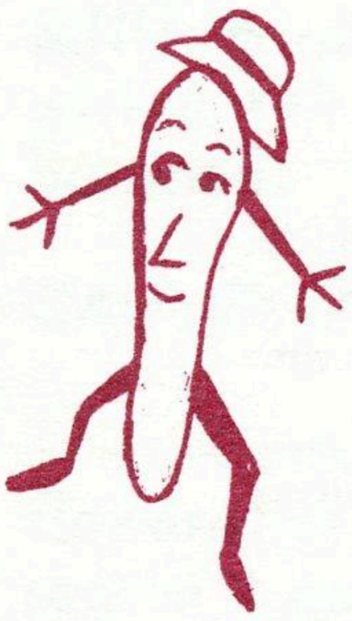
Cook hamburg in fry pan, stirring to break apart, drain off fat.

Brush pans with a little of the spaghetti sauce on bottom and sides; four of the disposable aluminum pans 8 inch square may be used, fits just right. Divide Ricotta mixture in four portions, likewise hamburg, chopped eggs, Mozzarella, and noodles, unless you are a good enough guesser to come out even.

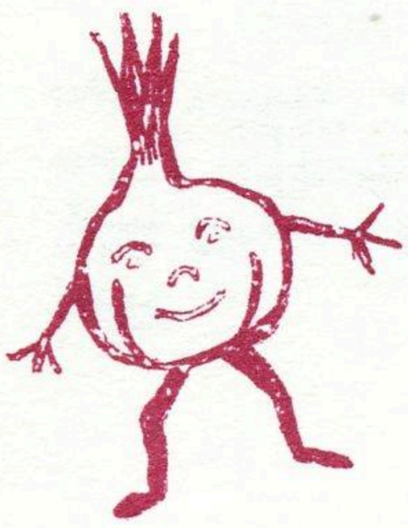
Fill pans in the following layers:

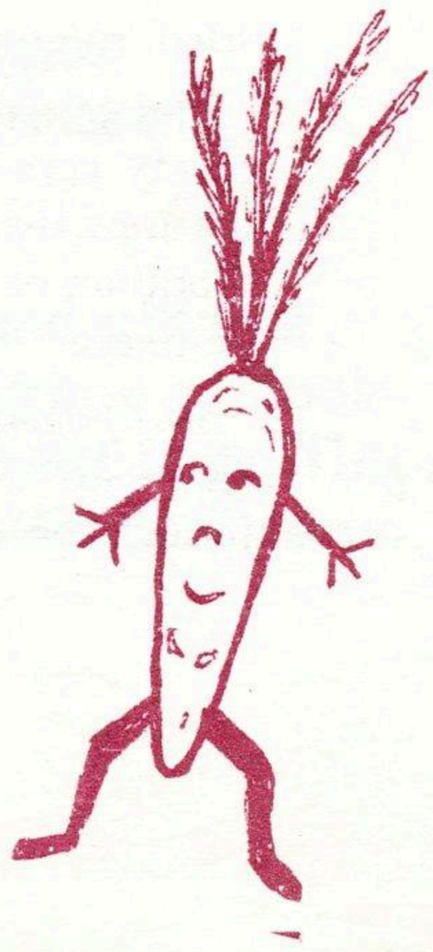
1. Noodles; 2. Spaghetti sauce; 3. Ricotta mixture; 4. Noodles; 5. Spaghetti sauce; 6. Hamburg, chopped egg, and a little of the Mozzarella; 7. Noodles; and 8. Remaining Spaghetti Sauce and Mozzarella cheese.

Cover pans tightly with aluminum foil. If for immediate use, bake in 350 degree oven, covered, for 3/4 to 1 hour. If for future use, freeze immediately. To use: thaw for 24 hours in refrigerator or 3 to 4 hours at room temperature and bake as above; remove foil and serve with Italian bread or rolls.



Vegetables





BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

Asparagus.—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

Beans, snap.—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries.—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

Broccoli, brussels sprouts, and cauliflower.—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and head lettuce.—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers.—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons.—In cantaloups, thick close netting on the rind indicates best quality. Cantaloups are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, grapefruit, and lemons.—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and lima beans.—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

Root vegetables.—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

Sweetpotatoes.—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

SPINACH SOUFFLE

Pauline Waterson

3 boxes frozen chopped spinach
1/2 pint sour cream
1 envelope Lipton Onion Soup Mix

Cook spinach and drain. Add sour cream; stir in onion soup mix. Put in covered casserole. Bake at 325 degrees for 25 minutes, until bubbly. Serves 8.

ZOOTY ZUCCHINI SQUASH

Mrs. Theo Taplin

2 medium zucchini squash
4 slices white bread, finely cubed
1/2 c. cubed cheese
1 Tbsp. finely chopped onion (or equivalent in dehydrated onion)
1/2 tsp. salt
dash each garlic salt, celery salt and Worcestershire sauce
1 egg

Split squash lengthwise and parboil. Remove pulp, leaving 1/2 inch shell. Combine all ingredients, including pulp, and then refill squash cases. Sprinkle with Parmesan cheese, paprika and dot with butter. Bake 1/2 hour at 350 degrees or until tops are nicely browned.

CAULIFLOWER WITH SHRIMP SAUCE

Mrs. Pauline Waterson

Cook 10-15 minutes 1 medium head cauliflower, broken into flowerettes, or 2 pkgs. frozen, according to directions. Mix and season 1 can defrosted cream of shrimp sauce and 1/2 c. sour cream. When ready to serve, heat sauce and cauliflower together. Add 1/4 c. toasted almonds. Serves 6.

PINEAPPLE BEETS

Dot Sanborn

1 - 13 1/2 oz. can pineapple chunks
1/2 c. water
1/3 c. cider vinegar
4 Tbsp. brown sugar
1 Tbsp. cornstarch
1/2 tsp. salt
1/8 tsp. ground ginger
2 (1 lb.) cans sliced beets, drained (4 c.)

Drain syrup from pineapple and mix with water and vinegar. Mix sugar, cornstarch, salt and ginger; add vinegar mixture. Cook until thickened, stirring constantly. Add beets; then heat to boiling. Just before serving, mix pineapple into hot mixture. Makes 8 servings.

GREEN BEAN DISH

Helen Farr

Cook and drain 1 pkg. frozen French style green beans. Add 1 can mushroom soup. Top with 1 can fried onion rings. Bake 20 minutes at 300 degrees.

STUFFED PEPPERS

Diane Lord

4 green peppers
1/2 ground beef
1/2 c. canned tomatoes
1 c. cooked rice

Saute in 2 Tbsp. butter 1 small onion, chopped, 1/2 lb. ground beef, and 1/2 tomatoes, add 1 c. cooked rice and season with salt and pepper.

Fill generously, bake at 350 degrees 15 minutes. Raise to 400 degrees and bake until tops are brown. Serves 4.

SUMMER SQUASH CASSEROLE

Shirley Bellefeville

1/3 c. chopped onion
3 medium summer squash
1/2 lb. coarsely-grated Cracker-Barrel Cheese
salt
pepper
butter
1/2 c. milk
2 eggs

Cook onions and squash till done. Arrange in casserole. Cover with grated cheese, salt, pepper, and butter. Cover with 1/2 c. milk in which 2 eggs have been beaten. Top with bread crumbs. Bake at 350 degrees for 25 minutes, uncovered. About 8 servings.

GARDEN SPECIAL

Amber Densmore

4 qts. ripe tomatoes
1 qt. celery
1 qt. onion
1 qt. water
6 sweet peppers
3 Tbsp. salt
2 Tbsp. sugar

Dice peppers, onions, celery (coarse stalks and leaves may be used on celery). Add water - cook 20 minutes. Add peeled ripe tomatoes (cut up) and seasonings. Bring to boil. Seal in hot jars and process 30 minutes.

In winter, use 1 pint of "garden special", 1/2 lb. ground meat or bits of left-over meat, 2 c. (cooked) rice, macaroni, spaghetti or cold diced potatoes. Place in layers and bake until well heated through. Good supper dish.

LEMON BROCCOLI (Low Calorie) — Shirley Bellefeville

1 bunch broccoli
1 Tbsp. lemon juice
1 Tbsp. water
little no-calorie sweetener

Trim outer leaves and tough ends of broccoli; split any thick stalks, then cut stalks and flowerets into about 3 inches long. Cook covered in boiling water for 12 minutes or until crisply tender. Drain carefully, spoon into bowl. Mix lemon juice, water and sweetener, equivalent of 1 tsp. of sugar, in a cup; drizzle over broccoli.
6 3/4 c., calories per servings 22 each.

ZUCCHINI STICKS (Low Calorie) — Shirley Bellefeville

4 medium zucchini squash
1/2 tsp. salt
1 Tbsp. mixed herbs
1 c. water

Trim zucchini; quarter each lengthwise, then cut into 3 inch long stick; combine with herbs and water. Put into covered fry pan and steam until tender. 1/2 c. 10 calories.

BAKED STUFFED EGGPLANT (Low Calorie) — Shirley Bellefeville

1 medium eggplant
1 Tbsp. vegetable oil
1 minced onion
1 green pepper, diced
1/4 lb. mushrooms or 4 oz. can
2 tomatoes, chopped
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. basil

Wash and dry eggplant, cut in half lengthwise; scoop out the pulp carefully and dice. Heat oil in Teflon skillet. Add the onion, green pepper, mushrooms and diced eggplant, and saute for 10 minutes, stirring frequently. Add the tomatoes, salt, pepper and basil. Cook 5 minutes. Stuff into eggplant shells and place in a baking pan with 1/2 inch water. Bake in 375 degree oven for 20 minutes. Cut each 1/2 in 1/3. 6 servings, 55 calories in each.

STUFFED CUCUMBER SLICES (Low Calorie) — Shirley Bellefeville

1 cucumber
1/4 c. cottage cheese
1 Tbsp. chili sauce
1 tsp. Worcestershire sauce
1 Tbsp. chopped parsley

Select a straight firm cucumber, about 6 inches long. Pare it and scoop out the center seeds with a knife. Blend together the cheese, chili sauce, Worcestershire and parsley. Stuff into cucumber and chill thoroughly. Slice 1/4 inch thick. 24 slices, 5 calories in each.

BAKED CARROTS (Low Calorie) Shirley Bellefeville

9 carrots
1 onion, finely chopped
1/4 c. water
1 tsp. salt
1/4 tsp. powdered ginger
1 Tbsp. butter

Scrape the carrots and cut lengthwise into 4 pieces. Arrange in a baking dish. Sprinkle with onions, water, salt, ginger. Dot with butter. Cover. Bake in a 375 degree oven for 35 minutes or until tender. 6 servings, 50 calories in each.

SUMMER SQUASH (Low Calorie) Shirley Bellefeville

4 lbs. summer squash
1 1/2 tsp. salt
2 tsp. sugar
1 Tbsp. uncooked rice
1/2 c. milk

Peel the squash lightly and slice thin. Combine in a saucepan with the salt and sugar. Cover and cook over very low heat for 10 minutes. Add the rice, cover and cook over low heat for 30 minutes, stirring frequently to prevent burning. Mash until smooth. Stir in the milk. Taste for seasoning; it should have a slightly sweet flavor. 6 servings, 45 calories in each.

BAKED ACORN SQUASH (Low Calorie) Shirley Bellefeville

3 small acorn squash
1 tsp. salt
1/8 tsp. pepper
1/2 tsp. ginger
2 Tbsp. butter
2 Tbsp. brown sugar

Scrub, wash and dry squash. Cut in half and remove seeds; sprinkle with a mixture of the salt, pepper and ginger. Blend together the butter and brown sugar, and divide among the squash. Place in a shallow pan with 1 inch of water. Cover with foil. Bake at 350 degrees for 1 hour. Hubbard squash can be prepared the same.
6 servings, 65 calories in each.

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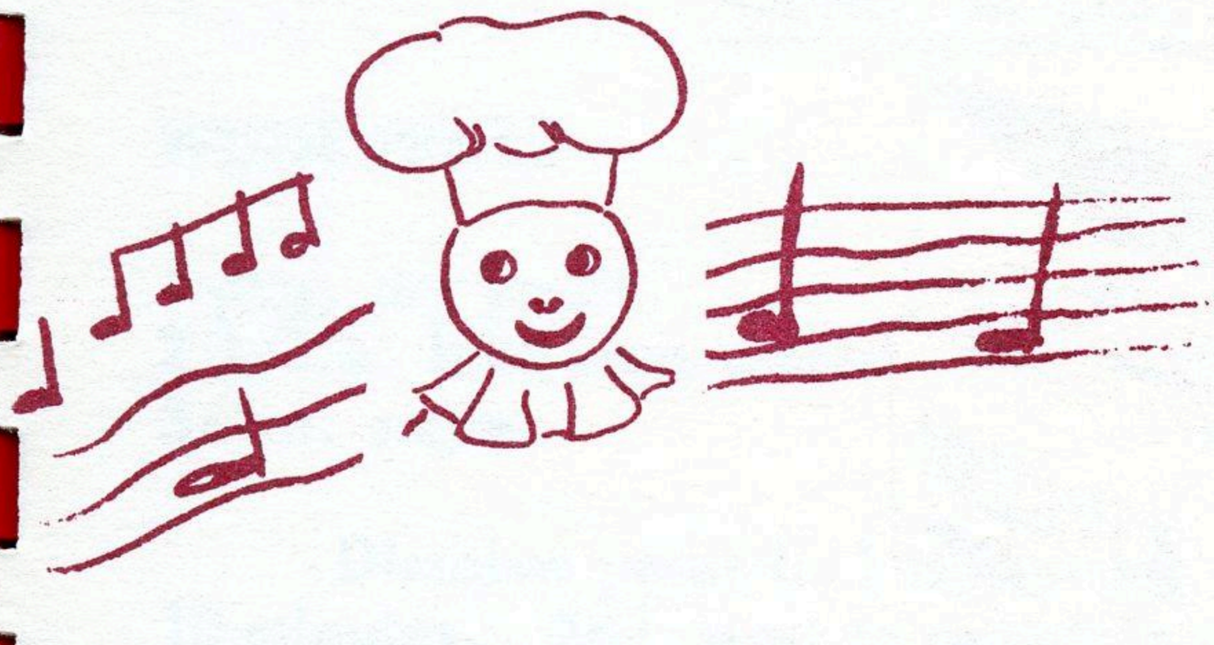
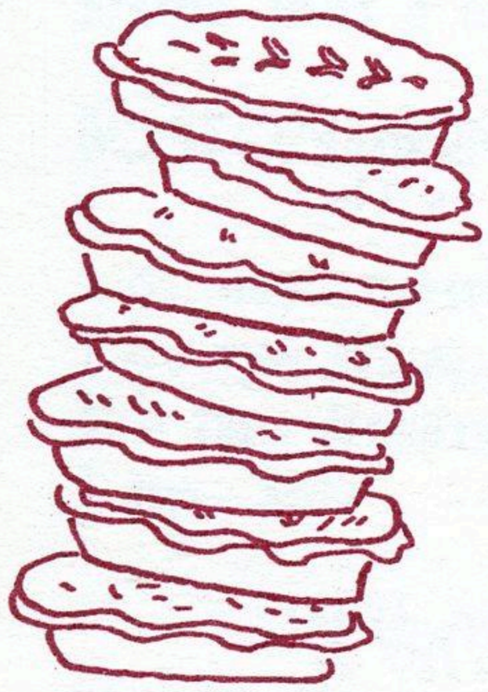
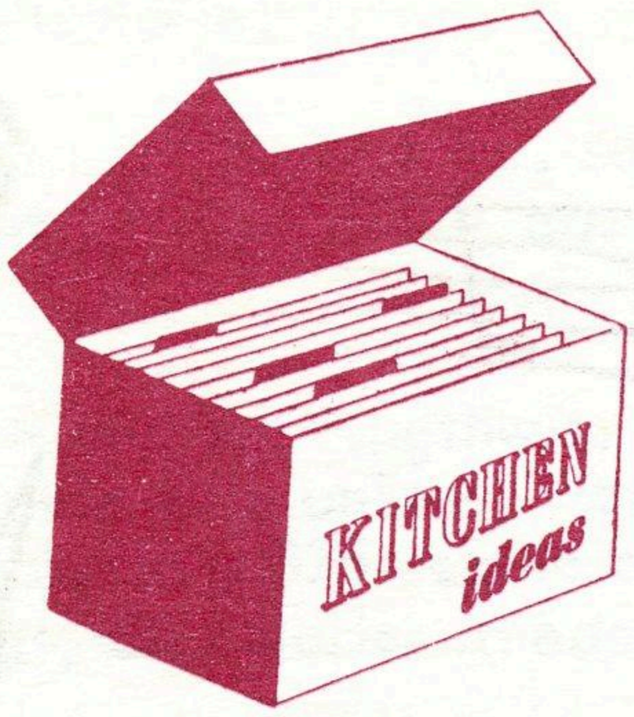




Bread, Rolls Pies and Pastry



If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Small amounts of left over corn may be added to pancake batter for variety.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

WHITE BREAD

Ann E. Somers

1 pkg. dry yeast
2 1/3 c. lukewarm water
3/4 c. sugar
7 c. flour
2 tsp. salt
2 Tbsp. shortening (melted)

Dissolve yeast in 1 tsp. sugar and 1/3 c. water. Let stand 10 minutes. Add yeast to remaining water and 3 c. flour; mix thoroughly. Cover; let stand 1 1/2 hours. Add salt, sugar, shortening and rest of flour; mix thoroughly. Knead on floured board. Place in bowl. Let stand 1 1/2 hours. Punch down. Let rise 30 minutes. Shape into 3 loaves. Let rise 1 1/2 hours.

BOSTON BROWN BREAD

Anna Mattoon

1 c. corn meal
1 c. rye flour
3/4 tsp. baking soda
1 tsp. salt
1 c. graham flour
3/4 c. molasses
2 c. sour milk or buttermilk

Sift corn meal, rye flour, soda and salt together and mix with graham flour. Add combined molasses and sour milk and mix well. Fill greased molds 2/3 full. Cover closely and steam 3 hours. Remove covers and dry tops in moderate oven, 375 degrees. Makes 3 loaves.

JOHNNY CAKE

Anna Mattoon

2 c. corn meal
1 1/2 tsp. salt
1 tsp. baking soda
2 Tbsp. sugar
2 c. soured milk
2 eggs, beaten
2 Tbsp. melted shortening

Sift dry ingredients together and add milk, eggs and shortening. Mix well. Pour into greased pan and bake in hot oven (400 degrees) 30 minutes. Makes 1 (8 x 10 inch) loaf. Very good!

MILA'S GRAHAM ROLLS

Myrtle Burbank

1 1/2 c. graham flour
1/2 c. flour
4 tsp. baking powder
pinch of salt
1 scant cup of sugar
1/2 tsp. lard or other shortening in tins
Milk, enough to make a thin batter

Bake in hot oven.

MARY CROSS' GRAHAM BREAD

Myrtle Burbank

2 c. sour milk
1/2 c. sugar
1/2 c. molasses (maple is best)
2 tsp. soda in sour milk
1 c. flour
2 c. graham flour
salt

Bake in hot oven. Makes 2 loaves.

CRANBERRY BREAD

Rita Edwards

4 c. flour
2 c. sugar
3 tsp. baking powder
1 tsp. baking soda
2 tsp. salt
2 eggs
1 c. chopped nuts
3 c. cranberries, cut in halves

Mix above ingredients. Add 4 Tbsp. oil, mixed with orange juice to make 1 1/2 cups. Put in 2 bread pans. Bake 1 hour at 350 degrees.

GRIDDLE CAKES

Mary McFarlane

1 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
1 Tbsp. sugar
1 egg, well beaten
3/4 c. milk
2 Tbsp. melted butter, or other shortening

FRIED SQUAW BREAD

Cecelia Kennedy

3 c. flour
1 tsp. salt
3 tsp. baking powder
1 Tbsp. sugar
1 Tbsp. melted butter
1 1/2 c. water
Fat for frying
confectioners sugar or syrup

Sift dry ingredients. Add butter, water. Mix thoroughly. Flatten out small portions and cut two slits in it and drop in hot fat, 375 degrees. Cook for 2 or 4 minutes. Drain on paper towel. Serve hot with squaw bread syrup.

1 c. light brown sugar
2 c. light corn syrup
2 Tbsp. bacon fat
1 tsp. maple flavoring

6 servings.

REFRIGERATOR ROLLS

Pat Royce

1 3/4 c. warm water (105 - 115 degrees)
2 pkgs. active dry yeast
1/2 c. sugar
1 Tbsp. salt
5 to 5 1/2 c. flour
1 egg
1/4 c. soft butter or oleo

Pour warm water into a large warm bowl; sprinkle on yeast. Stir until dissolves.

Add sugar, salt and about 1/2 the flour. Beat with electric mixer, about 2 minutes or beat hard with wooden spoon, until smooth. Beat in egg and soft butter or oleo. Mix (by hand) in the rest of flour until the soft dough is easy to handle. Shape into a ball. Place ball of dough, top side down, into a large greased bowl; turn greased side up. Cover and store in refrigerator for at least 2 hours, or until dough has doubled in size before using. Use within 3 to 5 days, but punch down every day until you use it. Punch down before shaping. Shape as you desire, cover and let rise in a warm place until double in size. Bake in hot oven (400 degrees) 12 to 15 minutes. Makes 36 rolls.

APPLESAUCE NUT BREAD

Alice Allen

Combine:

1 beaten egg
1 c. applesauce
2 Tbsp. butter
2 c. flour
3/4 c. sugar
1 Tbsp. cinnamon
3 Tbsp. baking powder
1/2 Tbsp. soda
1 Tbsp. salt
1/2 c. nuts, if desired

Bake at 350 degrees 45 minutes to 1 hour.

DATE-NUT BREAD

Agnes Allen

1 tsp. baking soda
1 c. boiling water
1 1/2 c. pitted dates - cut up
2 Tbsp. soft butter
1 c. sugar
1 tsp. vanilla
1 egg
1 1/3 c. flour
3/4 c. chopped nuts

Pour soda and boiling water over dates. Set aside. Cream butter and sugar. Add vanilla and egg. Beat well. Add flour and mix. Pour in date mixture, including nuts. Mix. Bake in a buttered 9 x 5 inch loaf pan at 350 degrees for 45-55 minutes.

BRAN MUFFINS

Agnes Allen

1 1/2 c. flour
3 tsp. baking powder
1 tsp. salt
1/2 c. sugar
1 1/2 c. all-bran or bran buds
1 c. milk
1 egg
1/3 c. soft shortening

Measure all-bran and milk; let set until most of the moisture is absorbed. Add egg and shortening; beat well. Add dry ingredients to bran mixture. Fill greased muffin pan 3/4 full. Bake at 400 degrees about 25 minutes. Yield: 12 muffins.

PUMPKIN BREAD

Beatrice Coburn

4 eggs
1 can pumpkin
2/3 c. water
3 1/3 c. flour
2 tsp. baking soda
1 1/2 tsp. salt
1 tsp. cinnamon
1 tsp. cloves
1 whole orange, chopped
2/3 c. nuts

Makes 2 loaves. Bake at 350 degrees for 1 hour.

RHUBARB PINEAPPLE PIE (Brown Sugar Topping)

Bertha Doyle

3 Tbsp. quick-cooking tapioca
1 1/4 c. sugar
1/2 tsp. salt
2 1/4 c. half-inch pieces fresh rhubarb

CHEESE PIE

Sara P. Laprade

1 - 9 inch graham cracker pie crust
1 - 8 oz. pkg. Cool Whip

Blend together (at room temperature) with hand mixer. Pour into crust. Let set in refrigerator for a few minutes, then top with prepared blueberry topping.

PUMPKIN BREAD

Pixie L. Colby

3 1/2 c. sifted flour
2 tsp. soda
1 1/2 tsp. salt
1 tsp. each cinnamon and nutmeg
3 c. sugar

Sift above and mix well. Add the following: 1 c. oil, 4 eggs, 2/3 c. water and 2 c. canned pumpkin, 1/2 to 1 c. walnuts. Mix until smooth. Divide into 3 greased and floured bread pans. Bake at 350 degrees 60 minutes.

NO SHORTENING PIE DOUGH

by Edward Espe Brown
Jill Pomerantz

1 - 9 inch two crust pie, or
2 8-9 inch one crust pies or
about 12 tart shells
2 c. unbleached white flour
1/2 c. oil
1/2 tsp. salt
1/2 c. water

While briskly stirring flour and salt with a fork, add oil, a small amount at a time. Continue stirring with fork while adding water until dough clings together. Knead lightly. May be rolled out immediately.

BREAD RINGS

Ellen Gilman

1 yeast cake
1 tsp. salt
4 c. flour
3 Tbsp. sugar
1 1/4 c. milk

Place sugar, milk, salt, butter in pan. Heat till lukewarm. Add yeast. Mix well. Add flour and knead. Cover with dish towel and put in warm place till rises double in size. (Grease two 6 1/2 inch angel tins - mix Center mix.) Pour dough onto floured board. Cut in half. Roll each half out flat. Spread half of Center Mix on each and roll up like jelly roll. Form a circle of each and pinch ends together. Place in angel tins; let rise till double in size. Bake in preheated oven, 350 degrees, for about 20 minutes, till brown on top. (Make glaze.) Remove bread from oven; spread glaze on top. Decorate with candied cherries and walnuts.

Center Mix:

1/4 c. butter
1 Tbsp. flour
1/2 c. brown sugar
2 Tbsp. water

Heat in saucepan to melt butter and sugar. Remove from heat and add 3 1/2 oz. coconut and 1 c. chopped walnuts.

Glaze:

Mix 1 c. confectioners sugar and enough maple syrup to make a runny frosting (water may be used instead of syrup).

NEW FASHIONED LOW CALORIE PUMPKIN PIE

Shirley Bellefeville

1 c. canned pumpkin
2 eggs
1 1/4 c. skim milk
1/2 Tbsp. cornstarch
1/4 c. firmly packed brown sugar
sugar substitute to equal 1/4 c. sugar
1/4 tsp. salt
1/4 tsp. cinnamon
1/8 tsp. allspice
1/8 tsp. nutmeg

(Cont.)

Prepare skinny pie crust. Roll out to an 11 inch round on a lightly floured board. Fit into 8-inch pie plate; turn edge under; flute. Put all remaining ingredients in your blender or in electric mixer bowl; beat on high speed until smooth. Pour into pie crust; bake in 350 degree oven for 1 hour, until crust is lightly browned and filling is set. Roll out pastry trimmings, cut into leaves or other fancy shapes with cookie cutters. Place on cookie sheet and bake until brown; then arrange on top of cooled pie. Makes 8 servings, 121 calories each.

QUICK SET MOCHA PIE — Shirley Bellefeville

2 envelopes unflavored gelatin
1/2 c. boiling water
sugar substitute for 1/4 c. sugar
2 Tbsp. unsweetened cocoa
1 tsp. vanilla
1 1/2 c. skim milk
pinch of salt
1 pint coffee flavored ice milk
low calorie graham cracker pie shell

Place gelatin into blender; add boiling water. Blend at high speed, scraping sides of container several times until gelatin is completely dissolved. Add sugar substitute, cocoa, vanilla, skim milk and salt; blend briefly. Add ice milk; blend until smooth and creamy. Refrigerate a few minutes, until mixture thickens. Fill pie shell with chilled filling. Refrigerate for about 3 hours, or until it has completely set. Makes 8 servings, 147 calories each.

LOW CALORIE GRAHAM CRACKER PIE SHELL — Shirley Bellefeville

3 Tbsp. soft diet margarine
1 c. packages graham cracker crumbs

Blend margarine and crumbs thoroughly, using a fork. Press onto bottom and sides of 9-inch pie plate, covering all surfaces except rim. Bake in hot oven, 400 degrees, for 5 minutes. Cool before filling.

BOILED CIDER PIE — Phyllis Densmore

1 c. sugar
2 Tbsp. boiled cider
1 Tbsp. flour
pinch salt
1 egg
little over 3/4 c. hot water

Cook until thick. Pour into unbaked pie shell and cover with top crust.

CAKE LEMON PIE

Ann E. Somers

1 c. sugar
2 rounded Tbsp. flour
1 lemon juice and grated rind
1 tsp. butter
2 egg yolks (beaten)
3/4 c. sweet milk, and stir in stiffly beaten whites of 2 eggs

Pour into crust and bake in moderately hot oven until firm and brown. (350 degrees.)

CREAM CHEESE PIE

Marie G. Robbins

Mix together: 8 oz. cream cheese and 1 c. confectioners sugar.
Add: 1 tsp. vanilla and 1/2 pint whipped cream.
Put in Graham Cracker Crust. Put 1 can of Pie Filling over the top. Strawberry, Blueberry or Cherry are all good.

FLAKY PIE CRUST (2 Crusts)

Marian Button

2 c. flour
1 tsp. salt
1/2 c. oil
3 Tbsp. cold water

Mix - dampen work surface, then press a sheet of waxed paper onto dampened surface. Divide in half - cover with second sheet of paper. Roll large enough to fit pie tin, fill and add other half rolled for top.

One Crust:

1 1/3 c. flour
1/2 tsp. salt
1/3 c. salad oil

Mix as above.

PIE CRUST

Marion Gilman

3 c. flour
1 c. lard
dash of salt

Blend well. Then add: 1/3 c. cold water, 1 egg, 1 Tbsp. vinegar, beaten together with fork.
Makes two 2-crust pies and a shell.

LEMON PIE

Gerry Rogers

4 egg yolks
1 c. sugar
4 Tbsp. lemon juice
1/2 grated rind
3 Tbsp. hot water
4 stiffly beaten egg whites

(Cont.)

Beat yolks, add 1/2 c. sugar gradually; then juice, rind and hot water. Cook in double boiler until thickened. Remove from fire. Cool. Add remaining 1/2 c. sugar to egg whites, beaten stiff. Put 1/2 of whites into yolk mixture and pour into baked crust. Frost with other half and puff in oven until delicately brown.

HONEY PECAN PIE — Charlotte Corey

1/4 c. butter
1/2 c. sugar
2 Tbsp. flour
1/4 tsp. salt
3 eggs
1 c. honey
1 tsp. vanilla extract
1 1/4 c. coarsely chopped pecans
9 inch unbaked pie shell

Cream butter, sugar, flour and salt until light. Add eggs, one at a time, beat thoroughly after each. Add remaining ingredients, except pie shell; mix well. Pour into shell. Bake in slow oven, 300 degrees F. for 70 minutes or until firm. Cool. Cut and serve with whipped cream, if desired.

LEMON SPONGE PIE — Gladys Moses

1 c. sugar
2 Tbsp. flour
1 Tbsp. butter

Mix together, then add juice and grated rind of 1 lemon, 2 egg yolks, beaten, and added to 1 c. milk. Mix all together well; beat 2 egg whites stiff and fold into mixture. Turn into unbaked pastry shell and bake at 350 degrees for about 30 minutes, or until firm.

MAPLE SUGAR PIE — Phyllis Densmore

1 c. maple sugar
1 Tbsp. flour
3/4 c. milk
1 egg
pinch salt
dash pepper
Unbaked pie shell

CUSTARD PIE — Helen Farr

Scald 2 1/2 c. milk. In a bowl, beat: 4 eggs, 1/3 c. sugar, salt and vanilla. Add milk and beat again. Pour into shell and add nutmeg on top. Bake 20 minutes at 400 degrees.

RITZ CRACKER PIE (Very Quick, Very Rich!) — Faith Forbes

20 Ritz Crackers
1/2 c. chopped walnuts
1 c. sugar
1/2 tsp. baking powder
1 tsp. vanilla

(Cont.)

Mix above well.

Beat 3 egg whites until stiff and fold into dry mixture.

Grease pie plate. Spread mixture, raising edge if possible. Bake at 350 degrees for 20 minutes. Let cool.

1 c. heavy cream - add sugar to taste. Whip till stiff and spread in shell (or mix with sour cream to taste). Top with shaved or grated chocolate, or berries, or sliced peaches, or what-ever.

STRAWBERRY PIE

Portia Wampler

Prepare and bake pie crust. Cook together until boiling:

1 c. sugar
1 small box strawberry jello
4 Tbsp. cornstarch
2 c. water

Cool jello mixture; then mix with 1 quart fresh strawberries. Pour into pie shell and refrigerate. Top with whipped topping when ready to serve.

BUTTERMILK CORNBREAD

Edith Hayward

2 c. cornmeal
2 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
1 tsp. sugar
3 Tbsp. shortening
1 1/2 c. buttermilk (made from dry milk)
2 eggs

Mix cornmeal, baking powder, salt and sugar in a bowl. Melt shortening. Add buttermilk, eggs and shortening to the cornmeal mixture and beat well. Fill greased pan half full and bake at 425 degrees F. (hot oven), 15 to 20 minutes until browned on top. Cut into squares and serve at once.

OATMEAL MOLASSES BREAD

Mrs. Theo Taplin

5 1/2 - 6 1/2 c. unsifted flour
2 1/2 tsp. salt
2/3 c. oatmeal
1/3 c. whole wheat flour
2 pkgs. yeast
1/4 c. (1/2 stick) oleo
2 c. hot water
1/2 c. molasses (room temperature)
(I added 2 Tbsp. sugar)

Use large bowl, mix 2 1/2 c. flour, salt, oatmeal and whole wheat flour and dissolved yeast. Add oleo and hot water and molasses. Beat 2 minutes at medium speed of electric mixer, scraping bowl frequently. Add 1/2 c. or enough flour to make a thick batter, and beat at high speed for 2 minutes, scraping sides of bowl occasionally.

(Cont.)

Stir with spoon, enough flour (perhaps 2 c.) to make a soft dough, then turn on a floured board and knead until smooth and elastic, the more kneading the better it is, 8 to 10 minutes.

Place in a greased bowl; and turn to grease top. Cover and let rise in a warm place until double in bulk, about 1 hour.

Punch down and turn onto a floured board. Divide in half and shape into loaves, put in bread pans and let rise until double, about 45 minutes.

Bake at 375 degrees about 35 minutes or until done.

ORANGE-NUT BREAD

Alice Allen

1 orange
boiling water
1 c. dates or raisins
2 Tbsp. shortening
1 tsp. vanilla
1 beaten egg
2 c. flour
1/4 tsp. salt
1 tsp. baking powder
1/2 tsp. soda
1 c. sugar
1/2 c. nuts

Put orange juice in a cup and fill with boiling water. Put orange rind and fruit through the food chopper, then add orange juice and water, followed by shortening, egg and vanilla. Add dry ingredients. Stir well and add nuts last. Bake as a loaf 1 hour at 350 degrees.

ROLLS OR BREAD

Eva Ricker

2 c. milk
1 stick oleo
1/3 c. sugar
1 Tbsp. salt

Heat together to real warm and oleo is melted. Let cool and add 2 eggs, beaten. Then add 2 pkgs. dry yeast, dissolved in 1/4 c. lukewarm water. Now stir in 6 c. flour until well blended. Grease bowl and let rise to double in bulk. Then form into 3 loaves of bread or 36 rolls. Let rise again. Bake at 350 degrees for 30-40 minutes. This recipe may also be used for raised donuts.

WALNUT BREAD (Low Calorie)

Shirley Bellefeville

2 c. sifted flour
1 Tbsp. baking powder
1/4 tsp. salt
1/4 sugar
1/2 c. coarsely chopped walnuts
2 eggs
1 c. skim milk

Lightly grease 9-inch loaf pan. Sift the flour, baking powder, salt and sugar into a bowl. Stir in the nuts. Beat the eggs until thick; stir in the milk. Add to the flour mixture, stirring enough to blend. Turn into the pan. Bake in 350 degree oven for 40 minutes,

(Cont.)

or until brown. Cool on rack, then carefully turn out. Cool thoroughly before cutting 1/4 inch slices. 36 slices, 40 calories in each.

PINEAPPLE BREAD (Low Calorie) Shirley Bellefeville

2 c. sifted flour
1 tsp. soda
1/2 tsp. salt
1/2 c. sugar twin
1 egg, beaten
2 Tbsp. vegetable oil
1 tsp. vanilla
1 c. crushed pineapple (packed in unsweetened juices) DO NOT DRAIN
1 c. raisins

Preheat oven to 350 degrees; grease loaf pan.

Sift flour with soda and salt into mixing bowl. Stir in sugar twin. Combine egg and oil and vanilla. Add to dry ingredients, along with pineapple, stirring just until ingredients are moistened. Fold in raisins. Spread evenly in pan and bake 45 minutes or until done. Slice into 1/4 inch slices. 55 calories in each slice.

BAKING POWDER BISCUITS (Good for Shortcakes) (Low Calorie)
Shirley Bellefeville

1 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
3 Tbsp. butter
1/3 c. skim milk

Sift the flour, baking powder and salt into bowl. Cut in the shortening with pastry blender until the size of peas. Add the milk all at once and stir only until a dough is formed. Roll out on lightly floured board; fold in three; roll out again; fold in three. Roll out 1/2 inch thick and cut with 1 1/2 inch floured biscuit cutter. Transfer to ungreased baking sheet. Bake at 425 degrees for 12 minutes. Makes 15, 55 calories in each.

PUMPKIN BREAD Mrs. Peter Vermette

3 1/2 c. flour
2 tsp. baking soda
1 1/2 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg

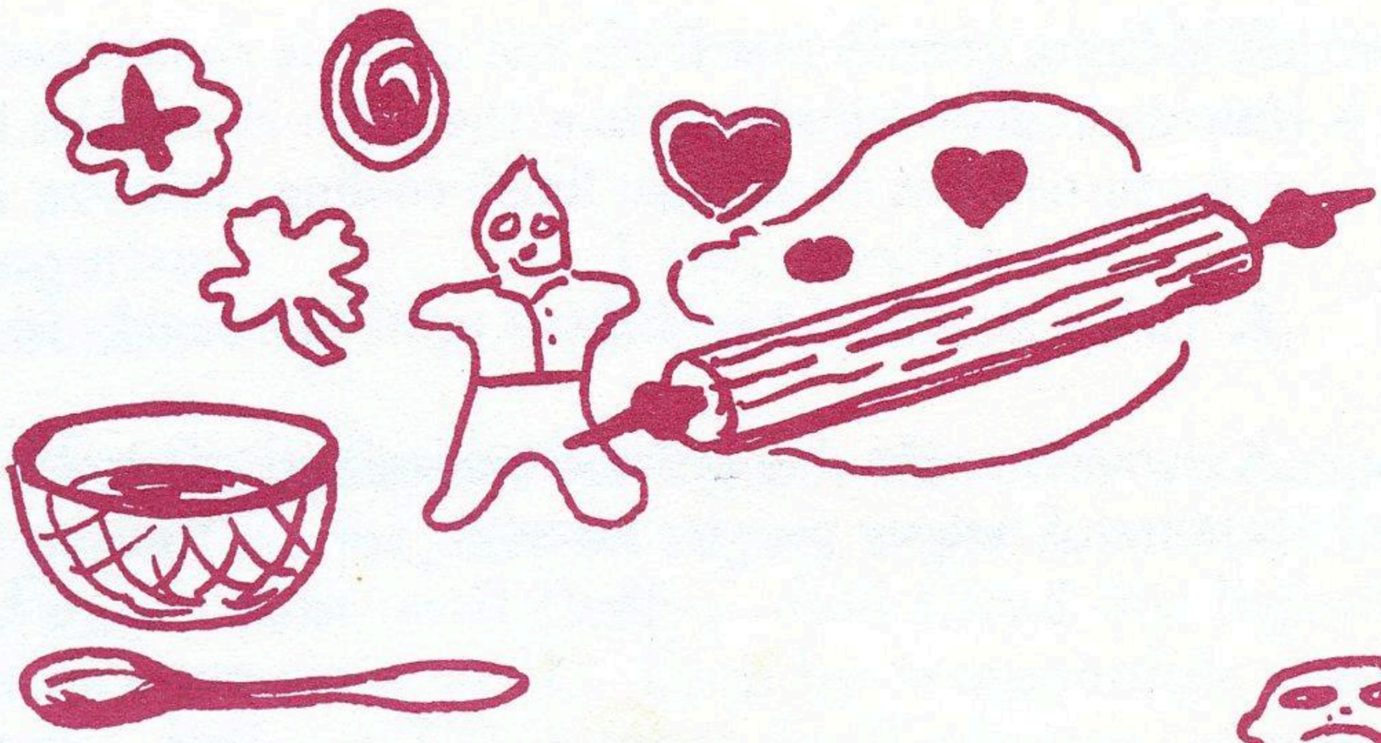
Mix well and add:

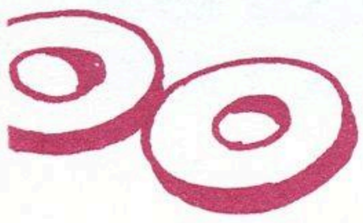
1 c. oil
4 eggs
2/3 c. water
1 can of pumpkin

Mix until smooth. Divide into three greased bread pans. Bake at 350 degrees for 1 hour.

Write your extra recipes here:

Cakes, Cookies, and Icings





Worth Remembering

▲ A pie crust will be more easily made and better if all the ingredients are cool.

▲ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

▲ Folding the top crust over the lower crust before crimping will keep the juices in the pie.

▲ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

▲ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

▲ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.

▲ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.

▲ Cakes should not be frosted until thoroughly cool.

▲ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

BUTTERSCOTCH COOKIES (Low Calorie) — Shirley Bellefeville

1 c. sifted flour
1/2 tsp. baking powder
1/2 tsp. salt
3 Tbsp. butter (softened)
2 Tbsp. firmly packed brown sugar
1 envelope low calorie butterscotch pudding and pie filling
1/2 tsp. vanilla

Sift flour, baking powder and salt onto wax paper. Beat together butter, sugar and pudding mix; blend well. Add vanilla and beat until fluffy. Blend in sifted ingredients. Shape dough into a roll 1 1/2 inches in diameter on wax paper. Wrap tightly in wax paper. Chill in freezer 30 minutes. Cut roll into 1/8 inch slices. Place on non-stick cookie sheet. Bake at 375 degrees for 8 minutes. Makes 3 dozen, 28 calories each.

TOLL HOUSE COOKIES (Low Calorie) — Shirley Bellefeville

2 1/4 c. sifted flour
1 tsp. baking soda
1 tsp. salt
1 c. diet margarine
2/3 c. firmly packed brown sugar
sugar substitute to equal 3/4 c. sugar
2 1/2 tsp. vanilla
2 eggs
1/2 c. semi-sweet chocolate pieces
1/2 chopped walnuts

Sift flour, baking soda and salt onto wax paper. Beat diet margarine, brown sugar, sugar substitute, vanilla and eggs until blended. Add sifted dry ingredients to margarine mixture. Stir in chocolate pieces and nuts. Using teaspoon, drop on cookie sheet. Bake at 375 degrees for 8 minutes. Cool on paper toweling. Makes 100 cookies, 33 calories each.

PEANUT BUTTER COOKIES (Low Calorie) — Shirley Bellefeville

2/3 c. sifted flour
1/2 tsp. baking soda
1/2 tsp. baking powder
3 Tbsp. diet margarine
4 Tbsp. peanut butter
2 Tbsp. firmly packed brown sugar
sugar substitute to equal 4 Tbsp. sugar
1 tsp. vanilla
2 eggs, beaten

Sift flour, baking soda and baking powder onto wax paper. Beat butter and peanut butter, brown sugar, sugar substitute together. Add vanilla and eggs, beat until fluffy. Add sifted dry ingredients to peanut butter mixture; mix well. Drop by teaspoonfuls onto non-stick cookie sheet. Bake at 375 degrees for 8 minutes. Cool on paper toweling. Makes 5 dozen, 21 calories each.

COCONUT MACAROONS (Low Calorie) Shirley Bellefeville

2 egg whites
pinch of salt
1/2 tsp. baking powder
pinch of cream of tartar
1 - 7 oz. can shredded coconut
2 Tbsp. cake flour

Beat the egg whites in small bowl until foamy. Add salt and cream of tartar, beat until stiff peaks form. Combine coconut, cake flour and baking powder on wax paper. Fold into egg whites. Drop by teaspoon on non-stick cookie sheet. Bake at 350 degrees for 15 minutes. Makes 3 dozen, 32 calories each.

PINEAPPLE CHEESE PIE (Low Calorie) Shirley Bellefeville

1 pkg. low calorie cottage (weight watchers), or farmers cheese
1 can unsweetened pineapple (crushed)
1 tsp. vanilla
4 tsp. sweet & low
2 pkgs. unflavored gelatin

Drain pineapple juice into saucepan and sprinkle gelatin over; heat slightly. Pour into blender and whip until frothy; then slowly add cheese and sweetener and vanilla. Then add pineapple and blend well. Pour into 9-inch pie plate and chill 1 1/2 hours; cut into 8 servings, 100 calories each.

SPONGE CUP CAKES OR ROUND LAYER PAN

Shirley Bellefeville

2 eggs
1 c. sugar
1 c. flour
1 tsp. vanilla
1 1/2 tsp. baking powder
1/4 tsp. salt
1/2 c. hot skim milk

Beat eggs until light, add sugar, then add flour, baking powder and salt, sifted together three times. Add the hot milk and vanilla. Bake at 350 degrees for 25 minutes for cake, or 15 minutes for cup cakes. 110 calories each piece.

ORANGE CHIFFON CAKE (Low Calorie) Shirley Bellefeville

1 c. plus 2 Tbsp. sifted cake flour
1/2 c. plus 1 Tbsp. sugar
1 1/2 tsp. baking powder
1 1/2 tsp. salt
2 egg yolks
3 Tbsp. vegetable oil
1 1/2 tsp. grated orange rind
1/3 c. orange juice
4 egg whites
1/4 tsp. cream of tartar

Sift the flour, sugar, baking powder and salt into bowl. Make

(Cont.)

a well in the center and add the yolks, oil, orange rind and orange juice. Beat until smooth. Beat the egg whites and cream of tartar until very stiff. Slowly pour the orange mixture over them and fold in gently until well blended. Turn into a 9-inch tube pan. Bake at 325 degrees for 50 minutes. Invert pan and let cool, but be sure air circulates under it. Makes 12 servings, 120 calories each.

CHEESE CAKE TARTS (Low Calorie) Shirley Bellefeville

1 c. cottage cheese
1 egg
3 tsp. sugar
1 tsp. flavoring (your favorite)
small vanilla wafer cookies

Put 1 c. cottage cheese into blender with egg and sugar and flavoring. Mix until smooth. Put 1 vanilla wafer in the bottom of each tart size muffin paper. Fill half full with cheese mixture. Bake until set 10-15 minutes at 350 degrees. Top with scant teaspoon diet strawberry jam. Makes 28, 30 calories each.

APPLESAUCE CAKE (Inexpensive and Hearty) Helen Burbank

1/2 c. butter or margarine
1 c. sugar
1 tsp. soda
1 c. applesauce (preferably unsweetened)
1 c. raisins, or nuts, or mixed
1 tsp. cinnamon
1/2 tsp. ground cloves
2 c. flour

Cream the butter, add the sugar gradually and mix until well blended. Mix the soda with the applesauce and add to the creamed butter and sugar. Stir in the raisins or nuts, then add the spices and flour, sifted together, and mix until smooth. Bake in a buttered and floured oblong pan in a moderate oven (350 - 375 degrees F.) about 45 minutes.

RAISED DONUTS Edith Luce

1 c. finely mashed potatoes (instant can be used)
1/3 c. butter
2 eggs, well beaten
1 1/2 c. scalded milk
1/2 c. sugar
2 cakes yeast
1 tsp. salt
4 1/2 to 5 c. flour

Put potatoes in bowl, add butter, eggs, milk and sugar. When lukewarm, add crumbled yeast. When yeast rises to top add salt and flour. Mix well. Put dough in large greased bowl. Let rise until doubled in size. Punch down. Let rise again. Roll dough 1/2 inch thick on floured board. Cut with donut cutter. Let stand until doubled in size. Fry in 375 degree deep fat for 2 - 4 minutes.

BEST-EVER BROWNIES

Winnifred Royce

2 eggs
1 c. sugar
2 squares unsweetened chocolate
1/2 c. butter or margarine
1/2 c. flour
1 tsp. vanilla
1/2 c. chopped nuts

Beat eggs, add sugar and beat. Melt chocolate and butter. Add to egg mixture. Blend in flour. Add vanilla and nuts. Spread in 8 inch square buttered pan. Bake at 350 degrees for 25-35 minutes. Cool. Extra delicious - spread with chocolate frosting. Cut in 2-inch squares.

PEANUT BUTTER CAKE

Mrs. Peter Vermette

Stir well:
1 egg
1 c. sugar
1 tsp. vanilla

Add:
1 c. milk
2 c. flour
1/2 c. peanut butter
1 Tbsp. shortening
2 tsp. baking powder

350 degrees 25-35 minutes. Frost with peanut butter frosting.

PINEAPPLE DROP COOKIES

Lucy McCullough

Cream together: 1 c. shortening, 1 c. brown sugar and 1 c. white sugar.

Add: 1 c. crushed pineapple and 2 beaten eggs. Mix well.

Add: 6 c. flour, 1 tsp. salt, 2 tsp. baking powder and 1/2 tsp. baking soda, sifted together.

Add: 1 c. chopped nuts.

Drop by spoonsful on greased cookie sheet. Top each with a piece of candied cherry. Bake 15 minutes at 375 degrees.

OATMEAL DROP COOKIES

Lucy McCullough

3/4 c. hot lard; pour over 2 c. oatmeal - mix. Add 1 c. sugar, 1 egg, beaten, 1/2 c. milk - mix well. Add 1 c. flour, 1 tsp. baking soda, 1 tsp. salt and 1 tsp. cinnamon sifted together. Mix well and stir in 3/4 c. seedless raisins. Chill until set. Drop by spoonsful on greased cookie sheet. Bake 12-15 minutes at 375 degrees.

PEANUT BUTTER BLOSSOM — Sandra Button

Sift together: 1 3/4 c. flour, 1 tsp. soda and 1 tsp. salt.
Cream: 1/2 c. shortening, 1/2 c. peanut butter, 1/2 c. white sugar and 1/2 c. brown sugar.
Add 1 egg, 2 Tbsp. milk and 1 tsp. vanilla. Blend in dry ingredients. Shape by rounded teaspoons into balls. Roll in sugar. Bake at 375 degrees on ungreased cookie sheet for 8 minutes. Remove from oven and place chocolate candy kiss on each cookie, pressing down so cookie cracks around edge. Return to oven and bake 2 minutes.

BROWN SUGAR COOKIES — Virginia Durkee

1 egg
1 c. (firmly packed) brown sugar
1 tsp. vanilla
1 c. coarsely chopped nuts
1/2 c. flour
1/4 tsp. soda
1/4 tsp. salt

Stir together egg, brown sugar and vanilla. Stir in dry ingredients. Stir in nuts until blended. Bake in greased 8 x 10 inch pan at 350 degrees for 18 to 20 minutes.

CINNAMON COFFEE CAKE — Beverly McCullough

1 1/2 c. all-purpose flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. sugar
1 egg, beaten
1/4 c. cooking oil
3/4 c. skim milk

Heat oven to 375 degrees. Grease an 8-inch square pan.
Mix dry ingredients together. Blend in egg, oil and milk. Stir until flour is moistened, spread half of batter in greased pan. Sprinkle with half of topping. Spread other half of batter and sprinkle with remaining topping. Bake 30 to 35 minutes.

Topping:

1/2 c. brown sugar (packed)
1/2 c. chopped nuts
2 Tbsp. flour
2 Tbsp. cooking oil
2 tsp. cinnamon

Mix all these ingredients together.

BLACK AND WHITE BARS

Jean H. Farnham

1 c. margarine
1 1/2 tsp. vanilla
2 c. sugar
1 c. chopped nuts
4 eggs
2 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
2 squares unsweetened chocolate (melted)

Cream margarine, vanilla and sugar until light and fluffy. Add all other ingredients except chocolate. Divide batter, adding melted chocolate to half, alternate batter and run knife through. Bake approximately 35 minutes at 350 degrees in 13 x 9 inch pan. When cool, frost with Fudge Frosting if desired.

SWEET SOUR MILK DOUGHNUTS

Marian Gilman

Mix together:

1 c. sugar
2 eggs
2 Tbsp. crisco oil
1 tsp. nutmeg
1/4 tsp. ginger
2 tsp. cream of tartar
1 tsp. vanilla

Stir 1 tsp. soda in 1 c. sour milk. Add to cream mixture alternately with 4 - 5 c. flour. Makes about 2 dozen.

OH HENRY BARS

Lucy McCullough

Cream together 2/3 c. butter or oleo and 1 c. brown sugar. Add 1/2 c. white Karo syrup, 3 tsp. vanilla and 4 c. quick oats. Pat into 13 x 9 x 3/4 inch cookie sheet. Bake 15-16 minutes at 350 degrees. While baking, melt 6 oz. pkg. chocolate chips with 2/3 c. crunchy peanut butter. After cooling lightly, spread on baked dough; cut into bars.

SPICE CUP CAKES

Combine 1 c. raisins and 1 c. water, cover and simmer. Drain and save liquid.

Sift:

1 c. flour
3/4 c. sugar
1 1/2 tsp. baking powder
1/2 tsp. nutmeg
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. cloves

Add 1/4 c. shortening and 1/2 c. liquid (raisin liquid to water to make 1/2 c.). Beat. Add 1 egg and beat; dredge drained and

(Cont.)

cooled raisins in 2 Tbsp. flour. Add 1/2 c. nuts. Bake at 375 degrees 15-20 minutes. Makes 1 dozen.

WHOOPIE PIES — Betsy Coburn

1 c. sugar
1/3 c. shortening
2 c. flour
1 egg
1/2 c. cocoa
1 c. milk
1 tsp. vanilla
1 1/2 tsp. soda
1/2 tsp. salt

Cream shortening with sugar, add egg and mix. Add remaining ingredients and mix. Drop from teaspoon onto greased cookie sheet. Bake at 400 degrees for about 7 minutes.

Filling:

3/4 c. shortening
1 c. confectioners sugar
1/2 c. marshmallow fluff

Mix together and spread between two cool cookies.

CHOCOLATE CAKE — Flora Button

1 1/2 c. flour
1 c. sugar
5 Tbsp. cocoa
1 c. water
1 Tbsp. vinegar
1 tsp. vanilla
3/4 stick melted margarine

Mix dry ingredients together; add water with vinegar and vanilla. Add melted margarine. Pour into an ungreased pan, 8 x 8 inch. Bake 30-35 minutes in 350 degree oven.

FRUIT CAKE — Norma Anderson

1 lb. seeded raisins
1 1/2 c. water
1 1/2 c. sugar
1/4 c. butter
2 eggs
2 1/2 c. sifted flour
1 tsp. baking powder
1/2 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. allspice
1/2 c. nuts
3 small cans candied fruit

Wash raisins, mix water and sugar. Bring to a boil, add raisins and boil 5 minutes and cool. Sift dry ingredients. Beat eggs. Add to cooled raisins, dry ingredients and fruit. Add nuts.

Grease pans and line with paper. Add batter and trim. Start

(Cont.)

oven at 300 degrees, then reduce to 275 degrees. Test before taking out. Time: 1 1/2 - 2 hours.

APPLESAUCE CAKE

Amy Button

1/2 c. soft shortening
2 c. sugar
1 large egg
1 1/2 c. cold applesauce
2 7/8 c. sifted flour
1 1/2 tsp. soda
1 1/2 tsp. salt
3/4 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. allspice
1/2 c. water

Put all ingredients in a large bowl and beat with electric beater for 2 or 3 minutes, then stir in 1 c. of raisins. Bake in 13 x 9 inch oblong pan at 325 degrees for about 40 minutes.

FROSTED BROWNIES

Amy Button

1/2 c. oleomargarine
1 c. sugar
1 - 1 lb. can Hershey's Chocolate syrup
1 c. flour
1/2 c. nuts

Cream shortening; add sugar. Beat; add eggs. Beat; blend in chocolate syrup. Stir in flour and nuts. Bake in a greased 11 x 16 inch pan at 350 degrees for 25 minutes or until done.

Frosting:

1 1/3 c. sugar
6 Tbsp. milk
6 Tbsp. butter or oleo
1 c. chocolate chips

Combine sugar, milk and butter. Boil 1 minute, no longer. Add chocolate chips. Put frosting on cool brownies after chocolate chips have melted.

DEAR ABBY'S OWN CHOCOLATE CAKE - "FABULOUS"

Mildred Hallgren

Bake at 350 degrees for 40 minutes. Makes an 8-inch double layer cake.

4 squares unsweetened chocolate
1/2 c. (1 stick) butter or oleo
1 c. water
2 c. sifted cake flour, or 2 c. all-purpose flour, minus 4 Tbsp.
1 1/4 tsp. soda
1 tsp. salt
2 eggs
1 c. (8 oz. carton) dairy sour cream
2 c. sugar
1 1/2 tsp. vanilla
Fluffy White Frosting (recipe follows)

(Cont.)

1 Tbsp. butter or oleo for topping

1. Grease two 8-inch round layer cake pans; flour lightly, tapping out any excess.

2. Combine 3 squares of the chocolate, the 1/2 c. butter or oleo and water in the top of a double boiler; heat over simmering water until chocolate and butter melt. Remove from heat. Cool.

3. Sift flour, soda and salt into a large bowl.

4. Beat eggs with sour cream until blended in a medium-size bowl; beat in sugar and vanilla; stir in cooled chocolate mixture. Beat into flour mixture, half at a time, just until smooth (batter will be thin). Pour evenly into prepared pans.

5. Bake in moderate oven (350 degrees) 40 minutes or until centers spring back when lightly pressed with fingertip. Cool in pans on wire racks. Loosen around edges with a knife; turn out onto racks.

6. Make Fluffy White Frosting. Put cake layers together with about 1/4 of the frosting; spread remainder on side and top, making deep swirls with spatula.

7. Melt remaining 1 square of chocolate with the 1 Tbsp. butter or oleo in a cup set in hot water; stir until smooth. Drizzle over top of cake, letting mixture drip down side.

FLUFFY WHITE FROSTING

Mildred Hallgren

2 egg whites
3/4 c. sugar
1/2 tsp. cream of tartar
dash of salt
2 1/2 tsp. cold water
1 tsp. vanilla

1. Combine egg whites, sugar, cream of tartar, salt and water in the top of a large double boiler; beat until blended. Then place top over simmering water.

2. Cook, beating constantly with an electric or rotary beater, about 7 minutes or until mixture stands in firm peaks. Remove from water; stir in vanilla. Then drizzle over top of cake, the chocolate and oleo or butter mixture.

N.B. I did not cook the icing 7 minutes. It just was in firm peaks in 3-4 minutes.

All very tasty!

MAPLE WALNUT CAKE

Betty Doyle

1/3 c. butter or oleo
1 c. light brown sugar
2 eggs
1 tsp. vanilla
1/2 c. milk
1 1/2 c. flour
1/4 tsp. salt
2 tsp. baking powder
1 c. walnuts

(Cont.)

Cream shortening; add sugar, egg yolks and flavoring; beat. Add milk and flour, etc. by halves and beat well. Add nuts and fold in stiffly beaten egg whites. Bake in loaf pan 35-40 minutes at 350 degrees.

Frosting:

2 Tbsp. butter
2 Tbsp. milk
1 1/2 c. confectioners sugar
1 tsp. mapleine flavoring

CAKE PAN CAKE

Arlene Preston

1 1/2 c. sifted flour
1 c. sugar
3 Tbsp. cocoa
1 tsp. soda
1/2 tsp. salt
6 Tbsp. cooking oil
1 Tbsp. vinegar
1 Tbsp. vanilla
1 c. cold water

Pour flour, sugar, cocoa, soda and salt into sifter. Sift directly into ungreased pan (8 inch square). Make three holes in dry ingredients. Pour cooking oil in first hold, vinegar in second, vanilla in third. Pour cold water over all. Stir with fork until evenly blended. Bake 35 to 40 minutes in oven, 350 degrees. Remove cake from pan and cool.

SUGAR COOKIES

Lela Downing

1 c. sugar
2/3 c. shortening
1/4 c. milk (scant)
2 eggs
1 tsp. soda
1 tsp. baking powder
2 c. flour
1 tsp. vanilla
dash of salt

Drop on cookie sheet and bake. Chocolate bits may be added, or raisins.

HONEY WALNUT DROPS

Ruth Button

1 c. sugar
1 c. honey (I use brown sugar)
2/3 c. shortening
3 eggs
3 3/4 c. flour
1 tsp. soda
1 tsp. salt
1 c. sour cream
1 c. chopped walnuts
3/4 c. flake coconut
1 tsp. vanilla

Cream sugar, honey, shortening and eggs. Spoon flour (not sifted) into dry measuring cup. Level off and pour measured flour

(Cont.)

onto waxed paper. Add soda and salt to flour, not sifted, and stir to blend. Add blended dry ingredients alternately with sour cream to creamed mixture. Stir in walnuts, coconut and vanilla. Drop by teaspoonful onto greased baking sheet. Top each cookie with a walnut half or coconut. Bake at 375 degrees for 10-12 minutes. Yields 7-8 dozen cookies.

SWEET DONUTS

Alice Doyle

2 c. sugar
2 tsp. salt
1 tsp. nutmeg
2 eggs
2 c. milk

Mix in large bowl. Then put 3 c. flour in sifter and add 2 tsp. soda and 4 tsp. cream of tartar. Sift into other ingredients and mix. Add more flour to make a soft dough that can be handled. Put on floured board and pat flat with hands (never roll). Fry in hot fat, drain on paper towel. (May be rolled in sugar while still warm.)

RAISIN CAKE

Alice Doyle

Put in saucepan:

1 1/2 c. raisins
1 c. hot water
1/2 c. raw rhubarb, or chopped apple (optional)

Add 1/2 c. oleo and 1 c. sugar. Put in sifter:

2 c. flour
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. cloves

Stir and bake in 8 x 8 inch pan or cup cakes.

HERE IS MY FAVORITE EGGLESS CAKE

Goldie Verge

(Always comes out perfect.)

1 c. firmly packed brown sugar
1 c. seeded raisins
1 1/2 c. water
1/2 c. shortening
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. allspice

Boil all together for 5 minutes. Chill or cool. Add remaining (below) ingredients all sifted together. Makes a large cake about 12 x 9 inch.

2 c. sifted flour
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
1/2 c. cocoa

(Cont.)

Bake 30 minutes at 375 degrees.

Here is a good quick frosting.

1/4 c. peanut butter
1 egg yolk
2 Tbsp. cream
1 c. powdered sugar

Beat together peanut butter and egg, add sugar gradually. Beat well.

GREAT SCOTS (COOKIES) — Rachel Comstock

1 1/2 c. flour
1 tsp. salt
3/4 tsp. baking soda
1 tsp. cinnamon
1 c. sugar
3/4 c. softened butter or oleo
2 eggs
1/3 c. milk
1 1/4 c. rolled oats
6 oz. pkg. butterscotch bits
1 c. raisins
1/2 c. chopped nuts (optional)

Sift together flour, salt, baking soda and cinnamon. Set aside. Combine in bowl sugar, butter and eggs; beat until creamy. Gradually add flour mixture alternately with milk. Stir in rolled oats, butterscotch bits, raisins and nuts. Drop by Tbsp. onto cookie sheets. Makes about 4 dozen. Bake at 350 degrees 12 to 14 minutes.

BUTTERSCOTCH BROWNIES — Rachel Comstock

1/4 c. butter or margarine
1 c. firmly packed light brown sugar
1 egg
3/4 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
1/2 tsp. vanilla extract
1/2 c. chopped walnuts

Melt butter over low heat. Remove from heat; blend in sugar. Cool. Stir in egg. Blend together flour, baking powder and salt. Stir into butter-sugar mixture. Add vanilla and walnuts; mix well. Turn in well greased 8 x 8 x 2 inch pan. Bake at 350 degrees for 25 minutes (do not overbake). Cut into bars while warm. Yield: 18 brownies.

RAGMEN — Margaret C. Gilman

Take your favorite recipe for baking powder biscuits, roll it out about 1/2 inch thick; spread on it softened maple sugar, or brown sugar if you do not have maple sugar. Then roll it up like a jelly roll and cut slices 1 to 1 1/2 inches thick. Place in a greased baking pan and bake.

PEANUT COOKIES

Wini Gilman

1/2 c. oleo
1/4 c. peanut butter
1 c. brown sugar - firmly packed
1 egg
1 tsp. vanilla
1 3/4 c. sifted flour
1/4 tsp. salt
1 tsp. soda
1/2 c. chopped peanuts

Cream shortening and sugar. Beat in egg and vanilla. Stir in dry ingredients, sifted together. Blend and add nuts, saving some half peanuts for top of cookies. Roll in small balls and flatten on greased cookie sheet. Bake at 375 degrees for about 12 minutes or well browned.

COCOA WALNUT CAKE

Gerry Rogers

6 tsp. cocoa
1 1/4 c. sugar
3 Tbsp. hot water
1/2 c. butter
1 egg, well beaten
1 c. buttermilk
1 tsp. soda
2 c. flour
1/2 c. walnut meats
1 tsp. vanilla

Beat cocoa, sugar and hot water together. Add other ingredients in order given and bake in a moderate oven.

TOAD CAKES

Margaret C. Gilman

Beat 2 eggs well, then slowly add flour till the dough is very stiff. Add a little salt. Take out about a third of the batter and roll it very thin, rolling from the center to the edges. Cut off pieces with a knife and fry in deep fat. Turn as soon as they rise up, then turn again when brown on the bottom. Put on paper to drain and salt. It makes a large bowlful.

TEA-TIME MACAROONS

Anna Reed

2 egg whites
1/4 tsp. salt
3/4 c. sugar
1/2 c. peanut butter

Beat egg whites with salt until foamy. Add sugar gradually, beating till stiff peaks form. Fold in softened peanut butter. Drop by rounded teaspoons 1 inch apart on greased cookie sheet. Bake in slow oven, 325 degrees, for 20 minutes, or till lightly browned. Makes 2 dozen. Cool slightly before removing from pan.

MC GINTY COOKIES

Anna Reed

1/2 c. shortening
1 c. brown sugar
1 beaten egg
1 c. enriched flour
3/4 tsp. salt
1/4 tsp. baking powder
1/2 tsp. soda
2 Tbsp. milk
1/2 c. raisins

Thoroughly cream shortening and sugar. Add egg and beat well. Add sifted dry ingredients, alternately with milk, mix after each addition. Stir in raisins. Drop from teaspoon onto greased cookie sheet. Bake in moderate oven, 325 degrees, 15-20 minutes. Makes 1 1/2 dozen large cookies.

OLD FASHIONED SOFT MOLASSES COOKIES

Mrs. Peter Vermette

2 1/4 c. flour
2 tsp. baking soda
1 tsp. ginger
1 tsp. cinnamon
1/4 tsp. salt
1/2 c. shortening
1/2 c. sugar
1 egg
1/2 c. molasses
1/2 c. water

Mix shortening, sugar and egg; then mix molasses and water. Add flour, soda, ginger, cinnamon and salt. Mix until smooth and drop on cookie sheet. Bake at 375 degrees 10 minutes, or until done.

OATMEAL COOKIES

Ruth Button

1 1/2 c. sugar
1 c. shortening
4 Tbsp. sour milk
2 eggs
1 tsp. soda
2 c. flour
2 c. oatmeal
1/2 tsp. ginger
1/4 tsp. cloves
1/4 tsp. cinnamon

Drop by spoonfuls on greased cookie sheets. Bake about 10 minutes at 375 degrees.

CHRISTMAS CHOCOLATE CAKE

Lucille Whitney

Sift in bowl:

2 1/2 c. flour
1 1/2 c. sugar
1/2 c. cocoa
1 1/2 tsp. soda
1/2 tsp. salt

Make well in dry ingredients and add:

1 1/2 tsp. vanilla
1 1/2 tsp. vinegar
3/4 c. salad oil
1 1/2 c. cold water
1/2 c. nuts

(Cont.)

Mix. Bake at 350 degrees for 1 hour. Frost with white fluffy frosting. Decorate with red and green cherries.

SOUR MILK DOUGHNUTS

Juanita O'Donnell

1 c. sugar
2 eggs
1/4 tsp. nutmeg
1/2 tsp. cinnamon
1 tsp. salt
2 Tbsp. melted shortening
1 c. sour milk
4 c. flour
1 tsp. baking soda

Beat eggs, add sugar, melted shortening. Sift flour, baking soda, salt, nutmeg, cinnamon. Add alternately with sour milk. Fry in deep fat.

SPONGE CAKE

Mary McFarlane

3 large eggs
1 c. sugar
1/2 c. hot water
1 c. sifted flour
1 tsp. baking powder
1/3 level tsp. salt
1 tsp. vanilla

Separate the egg whites from the yolks of the eggs and beat. Put egg whites in last. Beat egg whites till stiff, and beat the egg yolks and sugar together. Grease cake pan and sprinkle flour in it and shake off all that doesn't cling to it.

COCONUT BALLS

Marjorie Brown

Place in frying pan:
2 Tbsp. butter
1 c. sugar
2 eggs, well beaten
1 c. chopped dates

Mix well. Cook over low heat 10 - 13 minutes. Stir constantly. Remove from heat; and add and mix: 3 c. rice crispies, 1 to 1 1/2 chopped walnuts, 1/2 tsp. vanilla. Shape into ball and roll in flaked coconut. Cold running water for hands to keep from sticking.

MINCEMEAT COOKIES

Clara Gilman

Cream 1 c. shortening and 1 1/2 c. brown sugar. Add 2 eggs and beat well. Sift 3 1/4 c. flour with 1 tsp. each of salt and soda. Add 1 1/2 tsp. hot water to the first mixture. Add 1 1/2 c. mincemeat, alternately with flour and 1 c. nuts, if desired. Mix thoroughly and drop on greased pan. Bake in moderate oven.

BUTTERSCOTCH BROWNIES — Rhoda Ackerman

1/4 c. butter or oleo
1 c. packed light brown sugar
1 egg
3/4 c. flour
1 tsp. baking powder
2 walnuts

Melt butter. Blend in sugar. Cool. Stir in egg. Sift together flour, baking powder and salt. Add to sugar mixture. Add vanilla and nuts. Turn into greased 8 x 8 inch pan. Bake at 350 degrees for 25 minutes. Cut into bars while warm.

DATE-AND-NUT SQUARES — Mary McFarlane

Beat until foamy 2 eggs. Beat in 1/2 c. sugar and 1/2 tsp. vanilla. Sift together and stir in: 1/2 c. sifted flour, 1/2 tsp. baking powder and 1/2 tsp. salt. Mix in 1 c. cut up walnuts, 2 c. finely cut up dates.

Spread in well-greased 8 inch square pan, 8 x 8 x 2 inch. Bake until top has dull crust. Cut into squares while warm; cool; then remove from pan. Dip in confectioners sugar. (Bake at 350 degrees for 25 to 30 minutes.)

SELF-FILLED CUP CAKES — Pat Royce

1 pkg. (2 layer-size) chocolate cake mix
1 - 8 oz. pkg. cream cheese (softened)
1/3 c. sugar
1 egg
dash of salt
1 c. semi-sweet chocolate bits

Mix cake according to package directions. Fill paper bake cups in muffin pans 2/3 full. Cream the cheese with sugar, beat in egg and salt. Stir in chocolate pieces. Drop one rounded teaspoon cheese mixture into each cup cake. Bake as package directs. Makes 30-36 cup cakes. (We love 'em.)

DOUGHNUTS — Lois Flint

2 c. scalded milk
1/2 c. butter (1 stick oleo)
1/3 c. sugar
1 Tbsp. salt

Cool and add 2 yeast cakes (dry yeast), 1/4 c. warm water. 2 eggs (beaten), 6 c. flour. Let rise once, cut and let rise again.

APPLE PUDDING CAKE — Eleanor Jacques

1 c. sugar
1/2 stick margarine
1/2 tsp. vanilla
1 c. flour

(Cont.)

1 tsp. baking powder
1/2 tsp. baking soda
dash of salt
1 egg
1/2 c. nuts
1/2 tsp. cinnamon

Mix with spoon. Bake 35 minutes at 350 degrees.

SALAD DRESSING CAKE — Marion Coburn

1 1/2 c. sugar
2 c. flour, sifted
1 c. salad dressing
1 tsp. vanilla
3 Tbsp. cocoa
2 tsp. baking soda
1 c. warm water

Beat all ingredients for 5 minutes. Bake for 30 minutes at 350 degrees, in two layer cake pans.

DATE FILLED DROP COOKIES — Martha Pickett

1 c. melted shortening
2 c. brown sugar
2 eggs
1/2 c. sour milk
1 tsp. vanilla
3 1/2 c. flour
1 tsp. salt
1 tsp. baking soda

Drop by teaspoon dough onto cookie sheet, add tsp. date mixture, top with teaspoon cookie dough. Yield 4 dozen. 400 degrees 10-12 minutes.

Variations: Mix 1 large bag chocolate chips into cookie dough. Drop by teaspoon onto cookie sheet. 400 degrees 7-8 minutes. Yield: 8 dozen.

Cut recipe in half, and substitute 1/4 c. melted shortening and 1/2 c. peanut butter in place of regular amount of shortening. 400 degrees, Yield 4 dozen.

CALIFORNIA DROP COOKIES — Gladys Moses

Cream 3/4 c. shortening and 1 c. sugar. Add 1 c. molasses, 1 beaten egg and 1 c. cold water.

Sift together 5 c. sifted flour, 1 tsp. soda, 1 small tsp. salt and 1 tsp. cinnamon. Add 1 c. raisins last.

Drop in spoonfuls on greased cookie sheet and bake about 10 minutes at 400 degrees.

BLUEBERRY CAKE

1/4 c. butter (shortening)
1/4 c. sugar
1 egg, well beaten
1 c. flour
1/8 tsp. salt
1 1/2 tsp. baking powder

(Cont.)

1/4 c. milk
1/4 tsp. vanilla

2 c. blueberries

Cream butter, add sugar gradually and cream; add egg, well beaten. Mix and sift dry ingredients and add to first mixture, alternately with milk. Add vanilla.

Pour in buttered 8 inch pan. Sprinkle berries over batter and cover with brown sugar topping as follows:

1/2 c. flour
1/2 c. brown sugar
1/8 tsp. salt
2 Tbsp. butter

Bake in moderate oven about 35 minutes.

GRANDMA'S RAISIN CAKE

Combine 1 c. raisins and 1 1/2 c. water. Bring to boil.

Mix: 1 c. sugar, 1/4 c. shortening, 1 egg and 1 tsp. soda in raisins and combine both.

Add 2 c. flour, 1/2 tsp. cinnamon, 1/2 tsp. nutmeg and 1 tsp. baking powder.

Bake 30 minutes.

CINNAMON COFFEE BARS

Elsie Maynard

Cream together thoroughly: 1/4 c. soft shortening, 1 c. brown sugar (packed) and 1 egg.

Stir in 1/2 c. hot coffee. Sift together and stir in:

1 1/2 c. sifted flour
1 tsp. baking powder
1/4 tsp. soda
1/4 tsp. salt
1/2 tsp. cinnamon

Blend in: 1/2 c. seedless raisins and 1/4 c. chopped nuts.

Spread in greased 13 x 9 inch oblong pan. Bake. Cut into bars. Frost while warm with thin coating of creamy white icing.

Temperature: 350 degrees (moderate oven). Time: Bake 18 to 20 minutes. Amount: 2 dozen 1 1/2 x 3 inch bars.

BUTTERSCOTCH SNAPPERS (COOKIES)

Charlotte Corey

1. Melt 6 oz. pkg. (1 c.) Nestle's semi-sweet butterscotch morsels over hot (not boiling) water. Remove from heat.

2. Combine 2/3 c. shortening, 1/2 c. sugar, 1 egg and 1/4 c. light corn syrup. Sift together 1 3/4 c. sifted flour, 2 tsp. baking soda, 1 tsp. cinnamon and 1/4 tsp. salt. Stir gradually.

3. Shape dough into balls, using 1 level Tbsp. for each. Roll

(Cont.)

balls of dough in sugar (about 1/4 c.). Place 3 inches apart on ungreased cookie sheets.

4. Cook 15 minutes at 350 degrees.

5. Let stand a few minutes before removing from pan. Makes 3 dozen cookies.

APPLESAUCE CAKE — Gladys Moses

1 c. sugar
1 c. applesauce
1 tsp. soda, dissolved in applesauce
1/4 tsp. salt
1/2 c. shortening
1 1/2 c. flour
1 tsp. cinnamon
1/4 tsp. cloves
raisins or nuts, if you wish

CHOCOLATE FROSTING — Norma Gilman

2 squares chocolate
2 Tbsp. butter
4 Tbsp. water

Cook until thick. Add 2 c. confectioners sugar (about) and a pinch of salt, and tsp. vanilla.

POTATO CHIP COOKIES — Cecelia Kennedy

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
2 c. flour
1/2 tsp. salt
1 tsp. soda
1 tsp. vanilla
2 c. potato chips (crushed)
1 c. nuts

Cream shortening, sugar, add eggs and vanilla; beat. Add flour, salt, soda. Add potato chips and nuts. Drop on ungreased cookie sheet using a teaspoon. Bake 12 minutes at 350 degrees. Makes 100.

RAISED DOUGHNUTS — Beverly McCullough

Scald 2 c. milk. Add 1/2 c. lard, 1/2 c. sugar and 1 tsp. salt. When lard is dissolved and milk is cooled to lukewarm, add 3 beaten eggs. Next add 1 dry yeast that has been dissolved in 1/4 c. warm water with 1 tsp. sugar. Add 6 - 7 cups flour. Knead on floured board. Let rise until double in bulk, then roll out. Makes about 3 dozen.

MOLASSES SPICE CAKE — Harriet Turnquist

One (1) c. sweet molasses, beaten into 2 c. flour. Add 1 whole egg, creamed with 1 Tbsp. shortening, 1 Tbsp. sugar, pinch of salt. As you sift the flour, put 1/2 tsp. each soda and ginger, 1/3 tsp. cinnamon, 1/2 tsp. nutmeg, then add 1 c. hot water and beat well.

This will be a soft batter, but really is a very nice light cake - made in sheet or two layers with marshmallow cream spread between.

GINGER BREAD — Harriet Turnquist

1/2 c. fat
1/2 c. sugar
1 c. molasses
1 egg
3 c. sifted all-purpose flour
4 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1 tsp. ginger
1/2 tsp. cloves
1/2 tsp. cinnamon
1 c. milk

You cream together the sugar and fat. That's the first step. Then you add the molasses and the beaten egg. Then you sift together twice the dry ingredients, and add them to the first mixture, alternately with the milk.

Bake in two shallow pans in a moderate oven - about 350 degrees F. - for 30 or 40 minutes. And serve with cream cheese or whipped cream or applesauce or anything else you like.

BANANA OATMEAL COOKIES — Sandra Button

1 egg
1 c. brown sugar
3/4 c. shortening
1/2 tsp. soda
1 c. mashed bananas
1 3/4 c. oats
1 1/2 c. flour
1/2 c. nuts
1/4 tsp. nutmeg
3/4 tsp. cinnamon

Mix in order given above. Chill, and bake in drops at 400 degrees about 12 minutes.

MAYONNAISE CAKE — Ruth Paul

2 c. flour
1 c. sugar
1/2 c. cocoa
2 level tsp. soda
4 level Tbsp. mayonnaise
1 c. hot water

Mix first four, make hold in flour mixture; add mayonnaise and hot water. Bake 25 minutes at 350 degrees.

Cream of Farm 484

FUDGE NUT BARS

Elaine Braman

1 c. butter or margarine
2 c. light brown sugar
2 eggs
2 tsp. vanilla
2 1/2 c. sifted flour
1 tsp. soda
1 tsp. salt
3 c. quick rolled oats, uncooked

Fudge Nut Filling:

1 - 12 oz. pkg. semi-sweet chocolate chips
1 can sweetened condensed milk
2 Tbsp. butter
1/2 tsp. salt
1 c. chopped nuts
2 tsp. vanilla

Mix filling in saucepan over boiling water. Mix together chocolate pieces, sweet condensed milk, butter and salt; heat until blended. Spread 2/3 of oatmeal mixture on bottom of 15 1/2 x 10 1/2 x 1 inch jelly roll pan. Cover with chocolate mixture. Dot with remainder of oatmeal mixture and swirl over chocolate filling. Bake at 350 degrees 25-30 minutes. Makes 60 (2 x 1).

DATE FILLED COOKIES

Winnifred Paul

Cream: 1 c. melted shortening, 2 c. brown sugar, 1/8 tsp. cinnamon and 2 beaten eggs. Add: 1/2 tsp. salt and 1 tsp. soda, dissolved in 1/2 c. water. Add: 1 tsp. vanilla and 3 1/2 x. of sifted flour. Drop by teaspoon on cookie sheet. (Mix well.)

Date Filling:

Cook till thick: 2 c. dates, cut fine, 3/4 c. sugar and 3/4 c. water. When cool, drop 1/2 tsp. on cookie. Cover by 1/2 tsp. cookies. Bake in oven 400 degrees. Makes 5 or 6 dozen cookies. 1 c. nuts may be added, if desired.

CHOCOLATE NO-BAKE COOKIES

Dot Lyon

2 c. sugar
1/2 c. milk
3 Tbsp. cocoa
1/4 lb. butter
pinch of salt
3 c. oatmeal
1 tsp. vanilla

Boil sugar, milk, cocoa, butter and salt 2 minutes. Add to vanilla and oatmeal. Drop on wax paper.

QUICK BARS

Valerie Edwards

1 box yellow cake mix
7 oz. coconut
1/2 c. sugar
2 eggs
2 Tbsp. milk
1/2 tsp. vanilla
1 c. chocolate chips

(Cont.)

Pour in greased 9 x 12 inch pan. Bake 25 minutes at 350 degrees.

CANDY BAR COOKIES — Winnifred Royce

In a heavy saucepan, melt 2/3 c. butter or margarine. Stir in 1 c. brown sugar, 1/2 c. white corn syrup, 4 c. oatmeal and 1 Tbsp. vanilla. Blend thoroughly and press into 13 x 9 inch buttered pan.

Bake 15 minutes (no longer) at 350 degrees.

Melt 1 - 6 oz. pkg. chocolate chips with 2/3 c. crunchy peanut butter. Spread on slightly cooled cookies. Cool, cut in bars.

FLUFFY FROSTING — Dot Lyon

2 egg whites
3/4 c. white Karo
1/2 c. sugar
1 tsp. vanilla
pinch salt

Beat egg whites stiff; add sugar, salt, Karo and vanilla. Beat until peaks hold their shape.

PEANUT BUTTER ROUNDUP COOKIES — Goldie Verge

1 c. soft shortening (oleo or crisco)
1 c. firmly packed dark brown sugar
3/4 c. granulated sugar
2 eggs
1 c. creamy peanut butter
2 c. sifted all-purpose flour
2 tsp. soda
1/2 tsp. salt
1 c. quick or old fashioned oatmeal
3/4 c. finely chopped walnuts

Beat shortening and sugar together until creamy. (I use my electric beater on No. 6) Add eggs and peanut butter; beat well. Sift together flour, soda and salt. Add to creamed mixture, mixing well. Stir in oats and nuts or raisins as preferred. Shape dough to form 1 inch balls. Place on ungreased cookie sheets. Bake at 350 degrees 8 to 10 minutes. You can flatten balls by dipping a flat bottom juice glass in sugar and press down.

SPECIAL SPICE CAKE — Eleanor Jacques

Sift together:
1 1/2 c. flour
3/4 c. sugar
1/4 c. brown sugar
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. ginger
1/4 tsp. salt

Add 1/2 c. oil, 1/2 c. cold water, 1 - 4 3/4 oz. jar baby

(Cont.)

prunes, 1 egg, 1 tsp. vanilla; blend. Beat 1 minute. Pour into greased and floured 9-inch square pan. Sprinkle with 1/2 c. chopped walnuts.

Bake at 350 degrees 30 minutes. Cool a few minutes; drizzle top with icing: 1/2 c. confectioners sugar, 1/8 tsp. cinnamon and 1 - 2 tsp. light cream.

CHOCOLATE SOUR CREAM CAKE — Marion Gilman

1 c. boiling water
2 squares (2 oz.) unsweetened chocolate
1/2 c. soft butter or margarine
1 tsp. vanilla
1 3/4 c. brown sugar (firmly packed)
2 eggs
1 3/4 c. plus 2 Tbsp. flour
1 tsp. soda
1/4 tsp. salt
1/2 c. commercial sour cream

Pour boiling water over chocolate in bowl. Let stand until cool. Cream butter and vanilla; add brown sugar and blend well. Add eggs, one at a time, beating well after each addition. Stir sifted and blended dry ingredients into creamed mixture - mix well. Blend in sour cream and chocolate-water mixture. Put in layer pans or 13 x 9 inch pan. Bake at 350 degrees for about 30 minutes.

SEVEN LAYER BARS — Elsie Burbank

1/4 c. butter or margarine
1 c. graham cracker crumbs
1 c. shredded coconut
1 - 6 oz. pkg. chocolate morsels
1 - 6 oz. pkg. butterscotch morsels
1 - 15 oz. can condensed milk
1 c. chopped nuts

Melt butter in 13 x 9 inch pan. Sprinkle crumbs evenly over butter. Sprinkle on coconut, chocolate and butterscotch pieces. Pour condensed milk evenly over top; sprinkle nuts on top and press lightly into pan.

Bake in moderate oven (350 degrees) for 30 minutes. Cool in pan on rack, then cut in bars.

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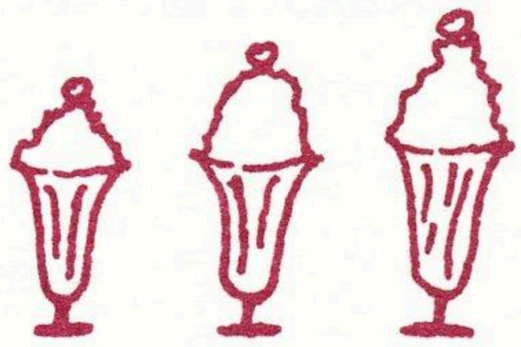

Desserts

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

To keep handkerchiefs, socks or other small pieces from wrapping around washing machine wringers, fold them inside towel and run through.

To whiten laces, wash them in sour milk.

To preserve left-over egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothes pin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

EASIEST RICE PUDDING

Martha Pickett

1 pkg. (4 serving size) vanilla pudding and pie filling
2/3 c. pre-cooked rice (minute rice)
1/3 c. sugar
1/4 c. raisins
1/4 tsp. salt
4 c. milk
1 egg, well beaten
1/4 tsp. vanilla
1/4 tsp. cinnamon
1/8 tsp. nutmeg

Combine pudding mix, sugar, rice, raisins, salt, milk and egg in saucepan. Cook and stir over medium heat until mixture comes to full boil - 8 to 10 minutes. Cook 5 minutes, stirring once or twice. Add vanilla. Pour into serving bowl. Serve warm, sprinkled with nutmeg and cinnamon. Makes 5 cups, 8 - 10 servings.

BREAD SPONGE PUDDING

Wini Gilman

This is a dessert to make when making either bread or dinner rolls. When the raised dough is ready for the tins - take a piece as large as a teacup. Put in a deep, well buttered casserole or pudding dish. Let it rise till light. Then prick with a fork and pour the following sauce over it.

Sauce: 1 c. sour cream in which 1/2 tsp. soda has been dissolved. 1 c. sugar (maple could be used), 1/2 tsp. cinnamon, 1/4 tsp. salt.

Bake in medium oven about 30 minutes. Serve hot.

INDIAN TAPIOCA PUDDING

James Titus

3 Tbsp. yellow cornmeal
1/2 c. molasses
1/2 c. brown sugar
1/2 c. cold water
1/2 tsp. salt
3 Tbsp. pearl tapioca, which has been soaked in cold water overnight. Pour off water
4 c. milk
1 tsp. cinnamon
2 Tbsp. butter
1 beaten egg

Bring to a boil 3 c. milk and the cornmeal. Then add other cup of milk and remaining ingredients. Pour into a buttered casserole dish and bake at 325 degrees for 3 hours, stirring 2 or 3 times while baking. Serve warm, topped with whipped cream or ice cream; but it's delicious just plain.

MARY STENDER'S RECIPE

1 - 3 oz. raspberry gelatin
1 - 10 oz. pkg. frozen raspberries
1 - 8 1/2 can (1 c.) applesauce
1 c. sour cream
1 c. miniature marshmallows

Dissolve gelatin in 1 c. boiling water. Add raspberries. Stir until thawed. Stir in applesauce. Pour into 10 x 6 inch pan. Chill. Combine cream and marshmallows. Spread on top. Chill 1 or 2 hours.

GINGERBREAD — Gertrude Roberts

Cream 1 c. molasses, 1/2 c. sugar and 1/2 c. butter or substitute. Add 1 tsp. cinnamon and ginger, 1/2 tsp. cloves, 2 tsp. soda, dissolved in 1 c. boiling water, 2 1/2 c. flour and 2 well beaten eggs, added last. Bake at 350 degrees.

Serve with whipped cream.

GRAPENUT PUDDING — Joan Nichols

Scald 1 pint milk. Add 1/2 c. grapenuts, let cool. Beat 1 egg, add 1/2 c. sugar, pinch of salt and 1/2 tsp. vanilla. Pour over milk and grapenuts. Bake in greased pan 1/2 hour in 350 degree oven. Serve warm with whipped cream or vanilla ice cream.

Serves 4.

CHOCOLATE PUDDING — Edith Hayward

1/2 c. sugar
1/3 c. cocoa
3 Tbsp. cornstarch
1/4 tsp. salt
2 1/2 c. fluid milk
1 tsp. vanilla

Mix sugar, cocoa, cornstarch and salt in a pan. Slowly stir in milk. Cook over medium heat, stirring all the time, until mixture thickens. Stir and cook 3 minutes longer. Stir in vanilla. Chill before serving. Makes 6 servings.

CHERRY JUBILEE — Nancy Button

Roll vanilla wafers between waxed paper until you have 2 cups of crumbs. Sprinkle 1 1/2 c. of the crumbs on the bottom of a 9 x 13 inch greased pan. Save 1/2 c. until later.

Combine 1/2 c. butter or margarine, 1 1/2 c. confectioners sugar and 2 eggs. Mix until smooth. Drop by spoonfuls over the crumbs, then spread out over the entire pan of crumbs.

Spread 1 can of ready-to-use cherry pie filling over the above mixture. Whip 1/2 pint heavy cream, flavoring with 1/2 tsp. vanilla

(Cont.)

and 3 Tbsp. sugar. Spread over the cherries. Sprinkle the remaining 1/2 c. cookie crumbs over the whipped cream. Chill.

BAKED CUSTARD — Edith Hayward

3 c. milk
4 eggs
1/3 c. sugar
1/4 tsp. salt
1 tsp. vanilla
nutmeg or cinnamon, if you like

Heat milk until hot, but not boiling. Beat eggs in large bowl. Add sugar and salt to eggs. Slowly pour in hot milk, stirring all the time. Stir in vanilla. Pour into baking pan. Sprinkle with nutmeg or cinnamon, if used. Bake at 300 degrees (slow oven) about 1 hour or until blade of knife stuck in center comes out clean. Makes 6 servings.

OLD FASHIONED INDIAN PUDDING — (Wayside Inn)
Ruth Wakefield, College School mate
Harriet Turnquist

6 c. milk
1/2 c. cornmeal
1/2 Tbsp. flour
1/2 tsp. cinnamon
1/4 tsp. ginger
1/4 tsp. ground cloves
1 c. molasses
2 Tbsp. butter

Mix flour and corn meal. Add 4 c. milk gradually, stirring constantly. Steam until sticky. Then place in deep baking pan. Add spices, molasses, butter and the remaining 2 c. of milk. Bake slowly (250 degreesF.) for 5 hours. Serve hot with vanilla ice cream. Serves 8 to 10.

FRUIT TORTE — Faith Forbes

1/2 c. butter
1/2 - 1 c. sugar
2 eggs
1 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla

Cream butter and sugar. Add beaten eggs and dry ingredients, vanilla. Put batter in greased spring pan. 1 c. fresh fruit. Spread over batter in design; dowse with lemon juice and sprinkle generously with cinnamon and nutmeg. (If fruit is too juicy, sprinkle flour on fruit before lemon juice.) Bake at 350 degrees for 1 hour. When cool, sprinkle with powdered sugar.

QUICK FRUIT DESSERT

Virginia Paul

3 Tbsp. butter
1/2 c. flour
1/2 c. sugar
1 1/2 tsp. baking powder
1/2 c. milk
2 c. sweetened canned peaches and juice

Melt butter in 8 x 8 inch pan. Mix all ingredients except fruit. Pour into pan, spoon fruit and juice on top. Cook 35 minutes at 350 degrees. Cherries or blackberries may be used. Yield: 6 servings.

STEAMED SUET PUDDING

Gladys Moses

2 1/2 c. flour
1/4 tsp. salt
1 tsp. cinnamon
1/4 tsp. cloves
1 tsp. soda
1 c. chopped suet, or 2/3 c. shortening can be used instead

Mix all these together, then add 1 c. molasses, 1 c. milk and last, add 1 c. chopped raisins. Steam 3 hours.

DESSERT GAZPACHO

Elaine Braman

2 - 14 1/2 oz. cans sliced tomatoes
1/2 c. each finely chopped celery, green onions and cucumbers
2 cloves garlic, minced or mashed
3 Tbsp. wine vinegar
1 tsp. Worcestershire sauce
1 Tbsp. olive oil or salad oil
1 - 12 oz. can cocktail vegetable juice
1 - 10 1/2 oz. can condensed beef broth
liquid not pepper seasoning

Drain the liquid from the sliced tomatoes into a 2 quart glass bowl or pitcher (or slice whole tomatoes). Finely chop the tomatoes and add to the bowl with the cucumbers, green pepper, celery, onion, garlic, wine vinegar, Worcestershire sauce, oil, vegetable juice and broth. Blend well, then season to taste with hot pepper seasoning. Chill 24-48 hours, stirring occasionally. 6-8 servings. Served in chilled glass bowls or cups, as appetizers.

BROWNIE PIE

Jean H. Farnham

3 egg whites
dash of salt
3/4 c. sugar

Beat egg whites and salt until stiff peaks form, gradually add

(Cont.)

sugar. Fold in: 3/4 c. wafer crumbs (thin chocolate Nabisco), 1/2 c. pecans (broken) and 1/2 tsp. vanilla. Spread evenly in a lightly buttered 9-inch pie plate. Bake in a 325 degree oven for 35 minutes. Cool thoroughly - spread top with sweetened whipped cream and trim with shaved bitter chocolate or chocolate wafer crumbs. Chill 3-4 hours in refrigerator.

FRUIT SHORTCAKE — Mrs. John Van Wilgen

2 c. sifted flour
3 tsp. baking powder
1 tsp. salt
1/4 c. sugar
1/3 c. crisco
1 egg
2/3 c. milk

Mix flour, baking powder, salt and sugar. Cut in crisco until the mixture looks like coarse meal. Add milk and eggs and stir just enough to hold dough together. Place dough on board or pastry cloth which has been dusted with flour. Knead lightly several times. Roll dough about 3/4 inch thick; cut with floured cutter. Place on cookie sheet and bake in a hot oven (425 degrees) 15 to 20 minutes, or until brown as desired. When cool, split open and serve with sweetened fruit and whipped cream.

Mixture may be dropped in spoonsful on baking sheet instead of rolling out. (Makes 8 medium shortcakes.)

SUPER FROSTY STRAWBERRY SQUARES — Beverly McCullough

1 c. all-purpose flour
1/4 c. brown sugar
1/2 c. pecans (chopped)
1/2 c. butter (melted)
2 egg whites
1 - 10 oz. pkg. frozen strawberries
2/3 c. granulated sugar
2 Tbsp. lemon juice
1 c. heavy cream (whipped)

Let strawberries partially thaw, stir together first 4 ingredients. Spread evenly in a shallow baking pan. Bake 20 minutes at 350 degrees, stirring occasionally. Sprinkle 2/3 of the cooled crumbs in 13 x 9 x 2 inch pan. Combine egg whites, 2/3 c. sugar, strawberries (not drained) and lemon juice in large bowl. With electric mixer, beat at high speed to stiff peaks, about 10 minutes. Fold in whipped cream. Spoon over crumbs in pan. Top with remaining crumbs. Freeze 6 hours or overnight.

Cut into squares, garnish with whole strawberries (if available and desired). To use fresh berries, increase sugar to 1 c. and use 2 c. sliced fresh strawberries.

UPSIDE DOWN CHOCOLATE PUDDING — Norma Gilman

Melt 2 Tbsp. margarine and 1 square chocolate.

Sift 3/4 c. sugar, 1 1/4 c. flour, 1/2 tsp. salt and 2 tsp. baking powder.

Combine with chocolate and add: 1/2 c. milk, 1/2 c. nuts and 1 tsp. vanilla.

Bake in 9 inch square pan. Add topping just before baking of: 1/2 c. sugar, 1/2 c. brown sugar and 2 Tbsp. cocoa.

Pour 1 1/2 c. boiling water over all. Bake at 375 degrees for about 25 minutes.

Good served with ice cream on top.

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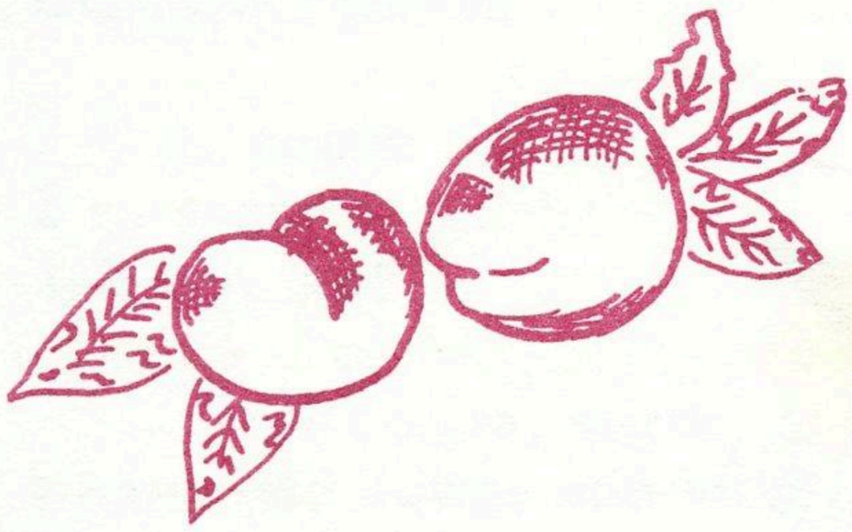
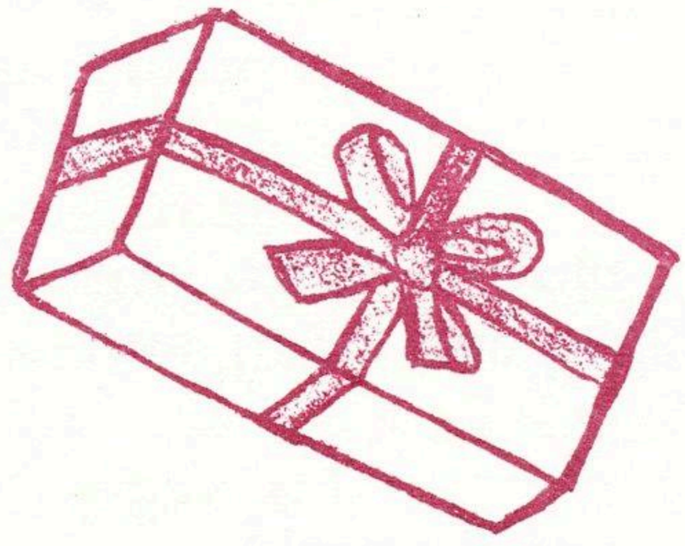
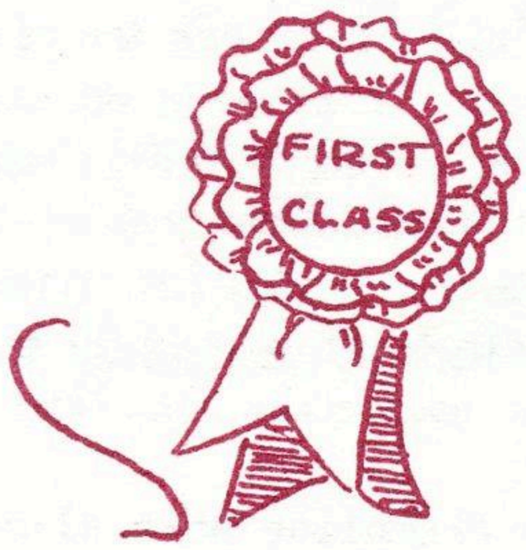
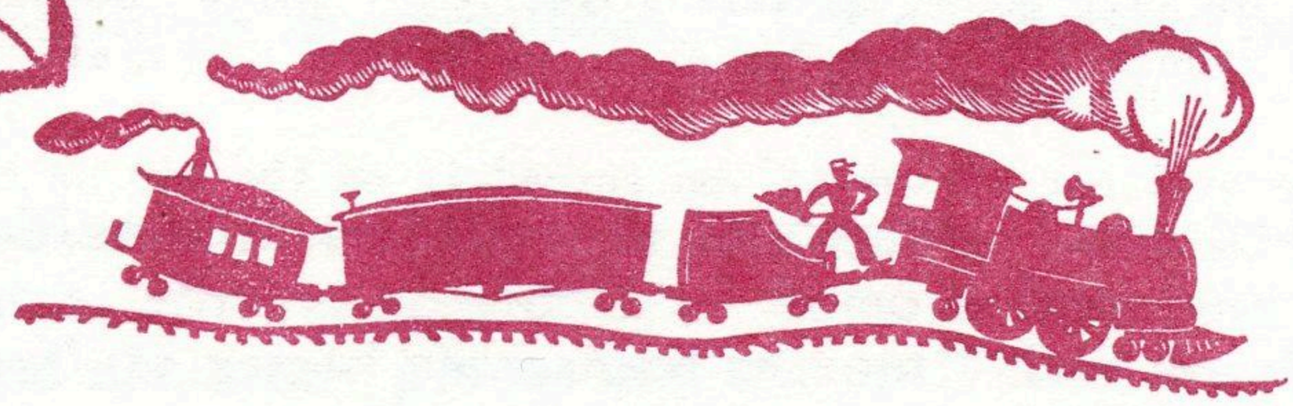
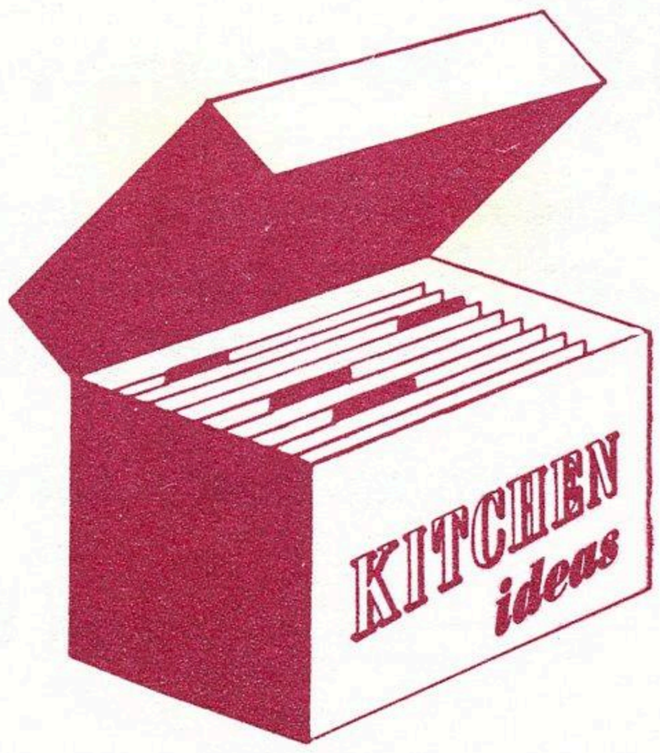






Candy, Jelly, Jam and Preserves





You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

To keep egg yolks from crumbling when slicing hard-cooked eggs; wet the knife before each cut.

Dip the spoon in hot water to measure lard, butter, etc., The fat will slip out more easily.

Keep a toothbrush around the kitchen sink---you will find it useful in cleaning rotary beaters, graters, chpppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

A pinch of salt added to very sour fruits while cooking will greatly reduce the quantity of sugar needed to sweeten them.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

Use greased muffin tins as molds when baking stuffed green peppers.

Fill pots and pans that have been burned with a solution of baking soda, one teaspoon in a quart of hot water. Leave solution in the pan until it has cooled and cleaning will be greatly simplified.

COCOA FUDGE

Dot Lyon

2/3 c. cocoa
3 c. sugar
1/8 tsp. salt
1 1/2 c. milk
4 1/2 Tbsp. butter
1 tsp. vanilla

Boil cocoa, sugar, salt and milk until it forms a ball in cold water; add butter and vanilla; stir until thick. Pour in greased pan. Cut in squares.

JELL-O POPCORN BALLS

Nancy Button

1 c. light corn syrup
1/2 c. sugar
1 pkg. jell-o, any flavor
9 c. popcorn

Mix syrup and sugar in saucepan; bring to a rolling boil. Remove from heat and add jell-o; stir until dissolved. Pour mixture over popcorn. Let stand several minutes - shape into balls (with well-buttered hands). Fun for children at holiday time.

WINTER DELIGHTS

Combine: 2 c. white sugar, 3 Tbsp. cocoa and 1/2 c. milk. Mix and boil 1 minute. Stir in 1/2 c. peanut butter and 1 tsp. vanilla, stirring until dissolved.

Add 3 c. quick oatmeal, drop by teaspoon on wax paper. No baking.

FIVE-MINUTE CHOCOLATE FUDGE

Marion Coburn

2/3 c. evaporated milk
1 2/3 c. sugar
1 1/2 c. miniature marshmallows
1 1/2 c. semi-sweet chocolate pieces
1/2 c. chopped nuts
1 tsp. vanilla

Combine milk and sugar in saucepan. Cook over medium heat for 5 minutes, stirring constantly. Remove from heat, add marshmallows and chocolate pieces and stir until they are dissolved. Add nuts and vanilla. Pour into buttered 8 x 8 inch pan. Cut into squares. Yields: 5 dozen.

RHUBARB JAM

Bertha Doyle

5 c. rhubarb (raw)
4 c. sugar (mix until juice comes)
grated rind of 1 orange

(Cont.)

Boil 12 minutes. Add 1 package strawberry jello.

THREE-IN-ONE LOAF DIVINITY — James Titus

Line a loaf pan with a damp cold napkin. Allow the ends of the napkin to hang over the sides.

Then in a large saucepan, cook 3 c. of sugar, 1 c. of Karo syrup (white), 1 c. of water and a pinch of salt. Stir until sugar dissolves. Then do not stir at all.

While the syrup boils, beat stiff in a large bowl the whites of 3 eggs. When the syrup spins a thread, slowly pour the hot syrup into the egg whites, beating until mixture is stiff. Pour into loaf pan.

POP CORN WREATH — Judy Reed

1 qt. popped corn
1 c. light corn syrup
1 c. sugar
1/4 c. water
1 tsp. vinegar
food coloring

Cook over medium heat till sugar dissolves - 260 degrees.

Stir in 2 Tbsp. butter, 1 tsp. vanilla. Set aside 1/4 for topping. Pour rest over pop corn in large bowl, stir quickly and pour into well greased mold for few minutes.

Remove and put on plastic wrap-decorate and pour on reserved glaze. Let set.

RHUBARB JELLO JAM — Alice Doyle

5 c. raw rhubarb
4 c. sugar

Cut rhubarb fine and mix with sugar. Let stand till juicy. Take the grated rind of an orange and boil 12 minutes. Add 1 pkg. of strawberry jello. Stir and seal as regular jelly or jam; or will keep in refrigerator if in screw-top jar.

DIVINITY FUDGE — Dot Lyon

3 c. sugar
1/2 c. light corn syrup
1/2 c. cold water
2 egg whites
1 tsp. vanilla

Place sugar, syrup and water in a pan over low heat until sugar is dissolved; then cook until soft ball forms in water. Beat egg whites until stiff, add half the syrup slowly; continue beating while cooking the rest of the syrup until it forms a hard ball, then add this to the mixture you are beating, add vanilla and continue beating until candy is thick enough to drop from a spoon. Makes 35-40 pieces.

NEVER-FAIL PEANUT BUTTER FUDGE

Dot Lyon

2 c. sugar
1 c. milk
dash of salt
2 Tbsp. butter
1 tsp. vanilla
3/4 c. crunchy peanut butter

Boil sugar, milk and salt for 10 minutes; add butter. Continue boiling until mixture forms a soft ball in cold water. Remove from heat; add vanilla and peanut butter. Beat until mixture starts to set. Pour quickly into buttered pan. Cut into squares.

Write your extra recipes here:

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Beverages and Miscellaneous

SHOPPING LIST

As A Reminder Guide In Your Planning

GROCERIES

- ☐ Asp'gus
- ☐ Bak. P
- ☐ Beans
- ☐ Butter
- ☐ Candy
- ☐ Cereals
- ☐ Cheese
- ☐ Cin'mon
- ☐ Cloves
- ☐ Cocoa
- ☐ Coffee
- ☐ Cookies
- ☐ Corn
- ☐ Crackers
- ☐ Cream
- ☐ Eggs
- ☐ Extracts
- ☐ Flour
- ☐ Fruit
- ☐ Ginger
- ☐ G.Beans
- ☐ H.Radish
- ☐ Jello
- ☐ Lard
- ☐ Mac'roni
- ☐ Matches
- ☐ Milk
- ☐ Mustard
- ☐ Noodles
- ☐ Nutmeg
- ☐ Nut M.
- ☐ Olives
- ☐ Peaches
- ☐ PeanutB.
- ☐ Pears D.
- ☐ Peas
- ☐ Pepper
- ☐ Pickles
- ☐ Preserves
- ☐ Prunes
- ☐ Raisins
- ☐ Rice
- ☐ Sal. Dres.
- ☐ Salmon
- ☐ Salt
- ☐ Sardines
- ☐ Soap
- ☐ S. Chips
- ☐ Soup
- ☐ Spagh'ti
- ☐ Spices
- ☐ Starch
- ☐ Sugar
- ☐ Syrups
- ☐ Tea
- ☐ Tobacco
- ☐ Toilet P.
- ☐ Tomato
- ☐ Vinegar
- ☐ Yeast

MEATS and FISH

- ☐ Bacon
- ☐ Beef
- ☐ Chicken
- ☐ Chops
- ☐ Cold Mts
- ☐ Corn Bf.
- ☐ Fish
- ☐ Franks
- ☐ Ham
- ☐ Lamb
- ☐ Lard
- ☐ Liver
- ☐ Pork
- ☐ Pork R.
- ☐ Poultry
- ☐ Roast
- ☐ Sausage
- ☐ Steak
- ☐ Turkey
- ☐ Veal

FRUITS and VEGETABLES

- ☐ Apples
- ☐ Asp'gus
- ☐ Beets
- ☐ Berries
- ☐ Cabbage
- ☐ Caul'flr
- ☐ Corn
- ☐ Grapes
- ☐ Lemons
- ☐ Lettuce
- ☐ Melons
- ☐ Mush'rs
- ☐ Onions
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Peas
- ☐ Pimento
- ☐ Plums
- ☐ Potato
- ☐ Rhubarb
- ☐ Squash
- ☐ St. Beans
- ☐ Tomato

BAKERY GOODS

- ☐ Bread
- ☐ Cakes
- ☐ Cheese C
- ☐ Coffee C.
- ☐ Cookies
- ☐ Do'nuts
- ☐ Pies
- ☐ Rolls

THE MASTER MIX

(For biscuits, griddlecakes, muffins, waffles, gingerbread, cookies and cakes)

13 CUPS

9 c. sifted all-purpose flour
1/3 c. baking powder
1 Tbsp. salt
2 tsp. cream of tartar
4 Tbsp. sugar
1 c. nonfat dry milk
2 c. shortening which does not require refrigeration

1. Sift together flour, baking powder, salt, cream of tartar, sugar and dry milk 3 times.
2. Cut in shortening with pastry blender or two knives until mixture looks like coarse corn meal.
3. Store in covered containers at room temperature.

Note: To measure the Master Mix, pile it lightly into cup and level off with spatula.

Use Master Mix for following nine (9) recipes:

BISCUITS

Mix 3 cups mix with 2/3 to 1 cup water until blended. Knead 10 times. Bake at 400 degrees F. for 10 minutes.

MUFFINS

Mix 3 cups mix, 2 Tbsp. sugar, 1 cup water and 1 egg until ingredients are just moistened. Bake at 400 degrees F. for 20 minutes. Makes 12 muffins

GINGERBREAD (8 x 8 inches)

Mix 2 cups mix, 4 Tbsp. sugar, 1/2 c. water, 1 egg, 1/2 c. molasses, 1/2 tsp. cinnamon, 1/2 tsp. ginger, 1/2 tsp. cloves. Add half of liquid, and beat 2 minutes. Add rest of liquid, and beat 1 minute. Bake at 350 degrees for 10-12 minutes.

OATMEAL COOKIES

Mix 3 cups mix, 1 c. sugar, 1/3 c. water, 1 egg, 1 tsp. cinnamon, 1 c. quick rolled oats until blended. Bake at 350 degrees for 10-12 minutes. Makes 4 dozen cookies.

DROP COOKIES

Mix 5 cups mix with 1 c. sugar, 1/3 c. water, 1 egg, 1 tsp. vanilla, 1/2 c. nuts or chocolate bits, until blended. Bake at 350 degrees for 10-12 minutes. 4 dozen cookies.

CHOCOLATE CAKE

Mix 3 cups mix with 1 1/2 c. sugar, 1 c. water, 2 eggs, 1 tsp. vanilla, 1/2 c. cocoa. Add two-thirds of liquid, and beat 2 minutes. Add remaining liquid, and beat 2 minutes. Bake at 350 degrees F. for 25 minutes.

YELLOW CAKE

Mix 3 cups mix with 1 1/4 c. sugar, 1 c. water, 2 eggs and 1 tsp. vanilla. Add two-thirds of liquid, and beat 2 minutes. Add rest of liquid, and beat 2 minutes. Bake at 350 degrees F. for 25 minutes.

COFFEECAKE

Mix 3 c. mix with 1/2 c. sugar, 2/3 c. water, 1 egg.

For Topping: 1/2 c. brown sugar, 3 Tbsp. butter, 1/2 tsp. cinnamon. Blend well. Bake at 400 degrees F. for 25 minutes.

GRIDDLECAKES

Mix 3 cups mix with 1 1/2 c. water and 1 egg, until blended. Yields 18 griddlecakes or 6 waffles.

Cooperative Extension Work in Agriculture
and Home Economics, State of Vermont,
University of Vermont.

* * * * * * * * * * * * * *

MOLASSES

Mrs. Harriet Turnquist

Our grandmothers often used much more molasses in their cooking than we do. Several old favorites have been almost forgotten by present-day cooks. For example, there was molasses sauce which went with many old-time puddings. Our grandmothers made their molasses sauce with molasses, lemon juice, salt and butter. It is something like our more familiar butterscotch sauce, and you use it in the same way. It is good with cottage pudding, steamed fruit pudding, and even frozen mixtures.

(Cont.)

Molasses pie was another old-timer. This is much like our present butterscotch pie -- a cornstarch custard filling sweetened and flavored with molasses with a little butter added. Molasses batter pudding -- that was a favorite among old-time steamed puddings. In general, it was a gingerbread mixture cooked in the steamer instead of being baked in the oven. Indian pudding is one of those mixtures that our pioneer grandmothers adopted from the best redskin cook in the neighborhood. It is a slowly-baked combination of cornmeal, milk, molasses, ginger, and salt.

HOT COCOA

Edith Hayward

1/3 c. cocoa
1/3 c. sugar
1/3 c. water
5 c. milk
1/4 tsp. vanilla
salt to taste

Mix cocoa and sugar in a pan. Add water. Bring to boil and cook 3 minutes, stirring constantly. Lower heat and slowly stir in milk. Heat, but do not boil. Stir in vanilla and salt. Serve hot. Makes 6 servings.

HONEY

Mrs. Theo Taplin

5 lb. sugar, 1 pint and 1 c. boiled water.
Cook together until clear. Add a piece of alum, size of a cherry. Cook 2 minutes, then add 40 white clover blossoms, 24 red clover blossoms, 1/2 c. rose petals.
Let stand 10 minutes, strain.

CHIP DIP

Mrs. Theo Taplin

2 small pkgs. cream cheese
1 small onion (minced)
1 can potted meat
1 Tbsp. Worcestershire sauce
1 Tbsp. mayonnaise

Put all into blender and mix well, chill and garnish with pimientos.

QUICK AND EASY PUNCH FOR CROWD

Marjorie Brown

12 large pkgs. sweetened red Kool aid
1 large can pineapple juice
4 large frozen orange juice
5 large frozen lemonade
7 qts. gingerale (add when ready to serve)

Mix and enough water with ice to make 40 quarts.

SOUTHERN CORNBREAD STUFFING — Cecelia Kennedy

1 large onion
1/2 c. melted fat or oleo
6 c. crumbled corn bread
1 c. diced unpeeled red apple
1 1/2 tsp. poultry seasoning
salt and pepper to taste
1 c. diced celery

Saute onion and celery in butter and mix with other ingredients.

ONION DIP (Low Calorie) — Shirley Bellefeville

1 c. plain yogart
1 pkg. dry onion soup mix

Mix together and chill.

BANANA SHAKE (Low Calorie) — Shirley Bellefeville

1/2 ripe medium banana, sliced
1 c. skimmed milk
1/2 tsp. almond extract

In covered blender at medium speed, blend all ingredients until smooth. Calories per serving, 140.

PUNCH FOR PARTIES (Low Calorie) — Shirley Bellefeville

1 qt. cranberry juice, low calorie
1/2 gallon low calorie orange juice
1 qt. low calorie ginger ale

Mix all together.

To make a fancy mold of ice, put some of the cranberry juice and the orange juice into a mold then add orange slices and freeze.

CLAM DIP (Low Calorie) — Shirley Bellefeville

1 pkg. low calorie cream cheese (soften)
1 can minced clams
1 tsp. lemon juice
dash onion salt

Mix and chill.

FRUIT DIP — Shirley Bellefeville

1 c. Cool Whip
cinnamon and nutmeg to taste

Dip apples or any fruit.

CITRUS COOLER (Low Calorie) — Shirley Bellefeville

2 c. orange juice
1 c. unsweetened lemon juice
4 c. cold water
1/2 c. sugar twin

Combine all ingredients; stir until sugar twin is dissolved. Serve over ice (makes 7-8 oz. glasses). Calories per serving, 45.

TEA COOLER (Low Calorie) — Shirley Bellefeville

1 1/3 c. boiling water
4 tea bags
1 c. unsweetened pineapple juice
1/2 c. unsweetened grapefruit juice
1/2 c. unsweetened orange juice
1/2 c. unsweetened lemon juice
1 Tbsp. liquid sweet 10
2 c. low calorie ginger ale

Pour boiling water over the tea bag; let steep 2 ot 3 minutes. Remove tea bags; add juices and sweet 10; cool. Just before serving, add ginger ale and ice. Calories per serving, 32 - 3/4 c.

Write your extra recipes here:

Write your extra recipes here:

INDEX OF RECIPES

APPETIZERS, PICKLES, RELISH

Beet Pickle 1
Sour Pickles 1
Sunshine Pickles 1
Piccalli 1
Golden Glow Pickles 1
Bread and Butter Pickles 2
Tomato Mince Meat 2
Pickled Beets 2
Sour Pickles 2
Cranberry Relish 2
Hot Dog Relish 3
Carrot Relish 3
Aunt Rachel's Sour Pickles 3
Dill Pickles 3
Uncooked Cucumber Pickles 3
Green Tomato Mince Meat 4
Sweet Pickle 4

SOUPS, SALADS, SAUCES, DRESSINGS

Frozen Cranberry Salad 5
Unusual Salad 5
Bean Salad 5
Italian Bean Soup 5
Cheese Chowder 6
Cranberry Salad 6
Catsup 6
Creamy Orange Salad 6
Rice Salad 7
Hearty-Tomato-Beef Soup 7
French Dressing 7

MAIN DISHES --
MEAT, SEAFOOD, POULTRY

Chicken Casserole 9
Beef Casserole 9
Chile Con Carne 9
Boston Baked Beans 9
Deluxe Macaroni and Cheese 10
Tuna-Stuffed Tomatoes 10

Salmon Cheeseburgers 10
Quick 'N Easy Salmon Patties 10
Spaghetti Mousse 11
Baked Beans 11
Lemon Glazed Chicken 11
Chicken Supreme 11
Barbequed Hamburger 12
Shrimp Deluxe 12
Curried Lamb with Rice 12
Em's Easy Beef Stew 12
My Family's Favorite Meat Loaf 13
Meat Balls 13
Surprise Meat Loaf 13
Deviled Chicken Balls 14

MAIN DISHES --
CHEESE, EGG, SPAGHETTI, CASSEROLE

Meal-In-One 15
Spaghetti Sauce 15
White Monkey 15
Pork Chow Mein 15
Ham Cheese Bake 16
Ginny's Spanish Rice 16
Chicken Rice Casserole 16
Potatoes Romanoff 17
Welsh Rabbit 17
Knefla-or Buttons 17
Ham and Pea Casserole with Cheese Sauce 17
Golden Crumb Broccoli Casserole 17
Split Pea Casserole 18
Potato Soup 18
Tomato Cheesies 18
Chili Con Carne 19
Baked Lasagne 19
Rice Pilaf 19
Wilma's Special Chicken Casserole 20
Lasagne 20

VEGETABLES

Spinach Souffle 21
Zooty Zucchini Squash 21
Cauliflower with Shrimp Sauce 21
Pineapple Beets 21

Green Bean Dish 22
Stuffed Peppers 22
Summer Squash Casserole 22
Garden Special 22
Lemon Broccoli (Low Calorie) 23
Zucchini Sticks (Low Calorie) 23
Baked Stuffed Eggplant (Low Calorie) 23
Stuffed Cucumber Slices (Low Calorie) 23
Baked Carrots (Low Calorie) 24
Summer Squash (Low Calorie) 24
Baked Acorn Squash (Low Calorie) 24

BREAD, ROLLS, PIES, PASTRY

White Bread 25
Boston Brown Bread 25
Johnny Cake 25
Mila's Graham Rolls 25
Mary Cross' Graham Bread 26
Cranberry Bread 26
Griddle Cakes 26
Fried Squaw Bread 26
Refrigerator Rolls 27
Applesauce Nut Bread 27
Date-Nut Bread 27
Bran Muffins 28
Pumpkin Bread 28
Rhubarb Pineapple Pie (Brown Sugar Topping) 28
Cheese Pie 28
Pumpkin Bread 28
No Shortening Pie Dough 29
Bread Rings 29
New Fashioned Low Calorie Pumpkin Pie 29
Quick Set Mocha Pie 30
Low Calorie Graham Cracker Pie Shell 30
Boiled Cider Pie 30
Cake Lemon Pie 31
Cream Cheese Pie 31
Flaky Pie Crust (2 Crusts) 31
Pie Crust 31
Lemon Pie 31
Honey Pecan Pie 32
Lemon Sponge Pie 32
Maple Sugar Pie 32
Custard Pie 32
Ritz Cracker Pie (Very Quick, Very Rich!) 32

Strawberry Pie 33
Buttermilk Cornbread 33
Oatmeal Molasses Bread 33
Orange-Nut Bread 34
Rolls or Bread 34
Walnut Bread (Low Calorie) 34
Pineapple Bread (Low Calorie) 35
Baking Powder Biscuits (Good for Shortcakes) (Low Calorie) . . . 35
Pumpkin Bread 35

CAKES, COOKIES, ICINGS

Butterscotch Cookies (Low Calorie) 37
Toll House Cookies (Low Calorie) 37
Peanut Butter Cookies (Low Calorie) 37
Coconut Macaroons (Low Calorie) 38
Pineapple Cheese Pie (Low Calorie) 38
Sponge Cup Cakes or Round Layer Pan 38
Orange Chiffon Cake (Low Calorie) 38
Cheese Cake Tarts (Low Calorie) 39
Applesauce Cake (Inexpensive and Hearty) 39
Raised Donuts 39
Best-Ever Brownies 40
Peanut Butter Cake 40
Pineapple Drop Cookies 40
Oatmeal Drop Cookies 40
Peanut Butter Blossom 41
Brown Sugar Cookies 41
Cinnamon Coffee Cake (and Topping) 41
Black and White Bars 42
Sweet Sour Milk Doughnuts 42
Oh Henry Bars 42
Spice Cup Cakes 42
Whoopie Pies 43
Chocolate Cake 43
Fruit Cake 43
Applesauce Cake 44
Frosted Brownies 44
Dear Abby's Own Chocolate Cake - "Fabulous" 44
Fluffy White Frosting 45
Maple Walnut Cake 45
Cake Pan Cake 46
Sugar Cookies 46
Honey Walnut Drops 46
Sweet Donuts 47
Raisin Cake 47
Here is My Favorite Eggless Cake (Always comes our perfect) . . 47

Great Scots (Cookies) 48
Butterscotch Brownies 48
Ragmen 48
Peanut Cookies 49
Cocoa Walnut Cake 49
Toad Cakes 49
Tea-Time Macaroons 49
McGinty Cookies 50
Old Fashioned Soft Molasses Cookies 50
Oatmeal Cookies 50
Christmas Chocolate Cake 50
Sour Milk Doughnuts 51
Sponge Cake 51
Coconut Balls 51
Mincemeat Cookies 51
Butterscotch Brownies 52
Date-and-Nut Squares 52
Self-Filled Cup Cakes 52
Doughnuts 52
Apple Pudding Cake 52
Salad Dressing Cake 53
Date Filled Drop Cookies 53
California Drop Cookies 53
Blueberry Cake 53
Grandma's Raisin Cake 54
Cinnamon Coffee Bars 54
Butterscotch Snappers (Cookies) 54
Applesauce Cake 55
Chocolate Frosting 55
Potato Chip Cookies 55
Raised Doughnuts 55
Molasses Spice Cake 56
Ginger Bread 56
Banana Oatmeal Cookies 56
Mayonnaise Cake 56
Fudge Nut Bars 57
Date Filled Cookies 57
Chocolate No-Bake Cookies 57
Quick Bars 57
Candy Bar Cookies 58
Fluffy Frosting 58
Peanut Butter Roundup Cookies 58
Special Spice Cake 58
Chocolate Sour Cream Cake 59
Seven Layer Bars 59

DESSERTS

Easiest Rice Pudding 61
Bread Sponge Pudding 61
Indian Tapioca Pudding 61
Mary Stender's Recipe 62
Gingerbread 62
Grapenut Pudding 62
Chocolate Pudding 62
Cherry Jubilee 62
Baked Custard 63
Old Fashioned Indian Pudding 63
Fruit Torte 63
Quick Fruit Dessert 64
Steamed Suet Pudding 64
Dessert Gazpacho 64
Brownie Pie 64
Fruit Shortcake 65
Super Frosty Strawberry Squares 65
Upside Down Chocolate Pudding 66

CANDY, JELLY, JAM, PRESERVES

Cocoa Fudge 67
Jell-o Popcorn Balls 67
Winter Delights 67
Fivé-Minute Chocolate Fudge 67
Rhubarb Jam 67
Three-In-One Loaf Divinity 68
Pop Corn Wreath 68
Rhubarb Jello Jam 68
Divinity Fudge 68
Never-Fail Peanut Butter Fudge 69

BEVERAGES, MISCELLANEOUS

The Master Mix (For biscuits, griddlecakes, muffins, waffles, gingerbread, cookies and cakes) 71
Biscuits 71
Muffins 71
Gingerbread 71
Oatmeal Cookies 71
Drop Cookies 72
Chocolate Cake 72
Yellow Cake 72
Coffeecake 72

Griddlecakes 72
Molasses 72
Hot Cocoa 73
Honey 73
Chip Dip 73
Quick and Easy Punch for Crowd 73
Southern Cornbread Stuffing 74
Onion Dip (Low Calorie) 74
Banana Shake (Low Calorie) 74
Punch for Parties (Low Calorie) 74
Clam Dip (Low Calorie) 74
Fruit Dip (Low Calorie) 74
Citrus Cooler (Low Calorie) 75
Tea Cooler (Low Calorie) 75

Notes:

Notes:

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JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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25	26	27	28	29	30	31

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
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27	28	29	30	31		

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30						

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30	31					

1974

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28		

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
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19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30						

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
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25	26	27	28	29	30	31

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SUN	MON	TUE	WED	THU	FRI	SAT
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29	30					

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
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27	28	29	30	31		

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SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

1975

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
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SUN	MON	TUE	WED	THU	FRI	SAT
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23	24	25	26	27	28	

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23	24	25	26	27	28	29
30	31					

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SUN	MON	TUE	WED	THU	FRI	SAT
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MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30					

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SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
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27	28	29	30	31		

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
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17	18	19	20	21	22	23
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31						

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30				

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SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14	15	16	17	18
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26	27	28	29	30	31	

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SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Meat Pie —

Cook a little chopped onion
or celery (optional) in frying pan.
1 to 1½ lbs. Ground round cooked
until red is gone. Add 1 can (undiluted
soup.) (I use cream of chicken) Simmer
until absorbed (about an hour.)
Cool (at least a little.)
Place between double pie crust (I use
Betty Crocker sticks — 1 top and 1 bottom.)
Bake at 400° 45 mins.

Good heated over
Good to freeze.

WRITE: CIRCULATION SERVICE, INC.
P. O. BOX 7147 — COUNTRY CLUB STATION
KANSAS CITY, MO. 64113

PROGRAMS OF SERVICE AND FUND RAISING PROGRAMS
FOR CHURCH, SCHOOL AND CIVIC ORGANIZATIONS